

## SACRAMENT OF CONFESSION: REFERENCE SHEET

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Enter the confessional.

Options are to be hidden from the priest, or to face the priest in a chair, if the setting allows. Both are acceptable.

Say: **“Forgive me Father, for I have sinned. It has been [*state period of time*] since my last confession.”**

Proceed to review your sins.

The 10 Commandments are listed here as a reminder that you might find helpful.

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

### EXAMPLE:

A confession of devotion might sound something like this: *“Bless me, Father, for I have sinned. It has been a month since my last confession. I am not aware of any grave sin since then. But I accuse myself of being unkind and impatient with my wife (husband) and children, neglectful of my parents who are lonely and ill. And I want to acknowledge again my sorrow for all my sins, particularly the sin of...”*

Afterwards, the priest will speak to you, suggest a penance, then ask you to recite an Act of Contrition. You can use one of these below:

### Act of Contrition 1

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Amen.

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### Act of Contrition 2

O my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life.

Amen.

The priest will then pray over you, absolve you of your sins, and make the Sign of the Cross. Say 'Amen' after the priest recites, 'In the Name of the Father, Son and Holy Spirit'.

