

# STEPS FOR GOING TO CONFESSION

1. Go into the confessional; if there is a door, close it. If you are going to confession fact-to-face, sit down on the chair. If you are going to confession with the screen, kneel down.  
The priest will say: "In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."
2. You make the sign of the cross while he says this.
3. Then you begin by saying: "Bless me, Father, for I have sinned."
4. Next, you say: "This is my first confession."
5. You continue: "These are my sins:" Then you tell the priest your sins.
6. After telling the priest your sins, you say: "I am truly sorry for these and for all of my sins."
7. The priest may then say a few words to you. Listen to him.
8. The priest will next give you a penance (usually a prayer). If he simply tells you what you are to do, you say: "Thank you, Father." If he asks you whether you will do something as your penance, you say: "Yes, Father."
9. The priest will then ask you to say the Act of Contrition:

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

10. Then the priest will give you the Lord's forgiveness. The priest says:

"God the Father of mercies, through the death and resurrection of His son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."

11. Lastly the priest dismisses you. You respond by saying: "Thank you, Father."  
You then stand up and leave the confessional.
12. Finally, you do the penance that the priest assigned you. Also, thank God for His mercy and strength that you have received in the Sacrament of Penance and say a prayer for the priest who administered the Sacrament to you.