

The exact wording is not critical. This is a typical suggested wording of a confession.

- Make the sign of the cross as you say, "**Bless me Father, for I have sinned, it has been (state how long since your last confession) since my last confession, and these are my sins.**"
- Tell the Priest your sins.
 - Number and kind
- When you have finished confessing your sins, say, "**For these and all the sins of my past I am truly sorry.**" The Priest will give you a suitable penance, and he may give you some advice.
- Make an act of contrition.
"**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.**"
- Finally, the priest imparts absolution. Ponder the beautiful words: "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."

After absolution leave the priest. Usually you stay in church and say your penance. Then leave when you want to

Fr. Z's 20 Tips For Making A Good Confession

We should...

- 1) ...examine our consciences regularly and thoroughly;
- 2) ...wait our turn in line patiently;
- 3) ...come at the time confessions are scheduled, not a few minutes before they are to end;
- 4) ...speak distinctly but never so loudly that we might be overheard;
- 5) ...state our sins clearly and briefly without rambling;
- 6) ...confess *all* mortal sins *in number and kind*;
- 7) ...listen carefully to the advice the priest gives;
- 8) ...confess our own sins and *not someone else's*;
- 9) ...carefully listen to and *remember the penance* and be sure to understand it;
- 10) ...use a regular formula for confession so that it is familiar and comfortable;
- 11) ...never be afraid to say something "embarrassing" ... *just say it*;
- 12) ...never worry that the priest thinks we are jerks.... he is usually impressed by our courage;
- 13) ...never fear that the priest will not keep our confession secret... he is bound by the Seal;
- 14) ...never confess "tendencies" or "struggles" ... *just sins*;
- 15) ...never leave the confessional before the priest has finished giving absolution;
- 16) ...*memorize* an Act of Contrition;
- 17) ...answer the priest's questions *briefly* if he asks for a clarification;
- 18) ...ask questions if we can't understand what he means when he tells us something;
- 19) ...keep in mind that sometimes priests can have bad days just like we do;
- 20) ...remember that priests must go to confession too ... they know what we are going through.