

7 STEPS FOR CONFESSION

1. Begin by saying **"Good evening Father"**.
2. Make the sign of the Cross. **"In the name of the Father and ..."**
3. Then say: **"Bless me, Father, for I have sinned.
This is my first confession
and these are my sins."
_____ (Say all your sins) _____**

When you finish telling Father all your sins, say:

**"Father, these are my sins, I am sorry for them
& for the ones forgotten."**

Listen to the Father he will give you an advice.

4. Say the Act of Contrition. ➡

ACT OF CONTRITION

My God,
I am sorry for my sins.
In choosing to do wrong
and in failing to do good.
I firmly intend, with your help,
to do penance, and
to sin no more.

Amen.

5. When the priest says the prayer of absolution:

*Priest: "I absolve you from your sins, In the name of
the Father and of the Son and of the Holy Spirit."*

Bow your head and Make the Sign of the Cross

At the end of the prayer say: **"Amen"**

6. Say: **"Thank you Father"** before you walk out away.
7. Say your PENANCE in the front pews of the church.