

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.**

It has been _(*weeks/ years*) _ since my last confession and these are my sins.”

_____ (*Say all your sins*) _____

When you finish telling the priest 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 with all my heart. In choosing to do wrong and in 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 to me to sin. Our savior Jesus Christ suffered and died for us. In his name, My God have mercy. 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.