

What do I do if I can't go to Confession?

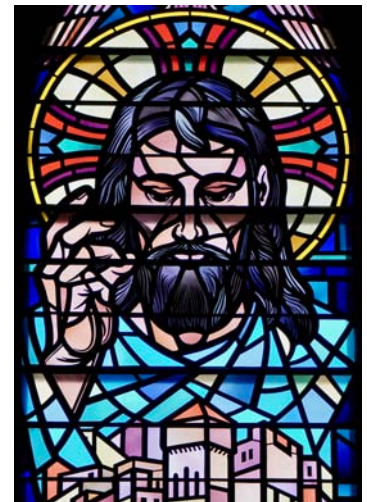
Each of us should regularly examine our consciences. When we are conscious of sin, we should go to Confession and seek absolution from the priest. When this is not possible, the Church recommends that we make as perfect an Act of Contrition as possible.

Contrition is “sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again.”¹ The *Catechism of the Catholic Church* reminds us that when such contrition “arises from a love by which God is loved above all else, contrition is called "perfect" (contrition of charity). Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible.”²

There are many forms of the Act of Contrition. Here are two of them.

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.

O my God, I am heartily sorry for having offended Thee,
and I detest all my sins
because I dread the loss of Heaven and the pains of hell,
But most of all because they have offended Thee, my God,
Who art all good and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to confess my sins, to do penance,
and to amend my life. Amen



¹ Council of Trent (1551): DS 1676.

² *Catechism of the Catholic Church*, no. 1452; Council of Trent (1551): DS 1677.