



How to Go to Confession

Pray the Act of Contrition prior to going to Confession

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.

Prepare to make a good confession by thinking about your sins. Make a firm commitment, asking God's help, not to sin again.

Rite of Penance

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent: Bless me Father, for I have sinned. It has been (how long?) since my last confession. (or - This is my first confession.)

These are my sins ...

For these and all sins of my past life, I am truly sorry.

The **Priest** gives you a penance.

The **Priest** gives you Absolution.

Penitent should recite or do penance as soon as possible.