

## How to go to Confession

1. Get yourself ready by making your examination of conscience.
2. After the priest greets you with the Sign of the Cross make the Sign of the Cross and say: "Bless me Father for I have sinned. This is my first confession. These are my sins..."

At your next confession:

"Bless me Father for I have sinned. It has been (say how long) since my last confession. These are my sins..."

3. Tell your sins simply and honestly to the priest. Don't be embarrassed.
4. When you are done listing your sins please say: "...I am sorry for these sins and all the sins I can't remember."
5. Listen to the advice the priest gives you and accept the penance from him. Then make an Act of Contrition for your sins.

### AN 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.

6. The priest will then conclude with the words: "Your sins are truly forgiven, Go in Peace". You respond: "Thanks be to God."

7. Perform your penance as soon as possible.

