



Guide to Confession

6 Ways to Make a Good Confession

1. The priest greets you, and Make the Sign of the Cross, **In the name of the father.....**
2. **Confess your sins**, saying, *"Bless me father, for I have sinned. My last confession was..."*
Following your confession of sins, say: *"I am sorry for these and all of my sins."*
3. The priest gives us a penance to perform. Penance is an act of kindness or prayers to pray, or both.
4. Say an **Act of Contrition**, expressing your sorrow for your sins.

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.

5. The priest, acting in the person of Christ, then absolves you from your sins. You respond, **"Amen."**

Absolution Prayer

God, the Father of Mercies, through the death and resurrection of his Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church May God give you pardon and peace, and I absolve you from your sin in the name of the Father, of the Son, and of the Holy Spirit. Amen

6. The priest dismisses you by saying "Go in peace" or "God Bless you. "We go forth to perform the act of penance he as given us.