

HOW TO GO TO CONFESSION

1. Make the *Sign of the Cross*
2. Say to the priest, “**Father, forgive me for I have sinned.**”
3. Say, “**It has been** (say how long) **since my last confession.**”
4. Tell the priest your biggest sins (since your last Confession).
5. The priest will probably chat with you for a bit and give you something to do for your *penance*.
6. When prompted, pray the *Act of Contrition* (You can pray the one below or one that is somewhat similar):

**Oh 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 who 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.
Amen.**

7. Jesus (through the priest) absolves your sins as the priest prays the prayer of absolution:

“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 sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

8. Make the *Sign of the Cross* and say, “**Thank you, Father**” to the priest.
9. Complete your penance and spend some time in prayer. When done, you can read your Bible and highlight/underline any good verses or stories that you read.