

How to Go to Confession

When you go into the confessional or reconciliation room . . .

- ❖ Make the Sign of the Cross as you say, "In the name of the Father, and of the Son, and of the Holy Spirit."
- ❖ Then say, "Bless me, Father, for I have sinned."
- ❖ Then say, "My last confession was _____ months ago."
- ❖ Tell your sins and how often.
- ❖ The priest will give you a penance to do.
- ❖ The priest will ask you to pray an Act of Contrition. Pray, "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."
- ❖ Then the priest will say, "I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit."
- ❖ Thank the priest and leave the confessional or reconciliation room.