

Guide to Confession

1. Make the Sign of the Cross and say: ***"Bless me father, for I have sinned. My last confession was..."*** (give the number of weeks, months, or years).
2. Confess all of your sins to the priest. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, a merciful Father who wants to forgive you.
3. Following your confession of sins, say: ***"I am sorry for these and all of my sins."***
4. The priest assigns you a penance and offers advice to help you be a better Catholic.
5. Say an **Act of Contrition** (see below), expressing your sorrow for your sins. The priest, acting in the person of Christ, then absolves you from your sins.
6. After exiting the confessional, make sure to do the penance which was given by the priest.

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.