

GUIDE TO CONFESSION

STEPS FOR CONFESSION

1. Say "Bless me, Father, for I have sinned. It has been _____ (days, weeks, months) since my last confession."
2. Then say, "These are my sins." Tell the priest your sins as clearly as possible.
3. When you are finished telling him your sins, say, "For these and all my sins, I am sorry."
4. The priest will then talk to you and assign you some prayers to say afterwards for your penance. He will then ask you to say your Act of Contrition.
5. When you are finished saying that, he will say the prayer of Absolution and you will leave.
6. Go to a pew by yourself and do whatever Father gave you as a penance. Once you are finished with that, you are done! You have been forgiven!

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve with the help of Your grace, to sin no more and to avoid the near occasion of sin.