



How to Go to Confession

- **Enter the Reconciliation Room**
- **Make the sign of the cross.**
- Say, “**Bless me Father, for I have sinned.**” “**This is my first confession.**” or “**My last confession was _____ ago.**”
- Then say: “**These are my sins...**”
- *Father listens and talks with you. He then says: “For your penance...” and then invites you to say an Act of Contrition*
- **You say the act of Contrition.**

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.
Jesus Christ suffered and died for us. In His name, Father, forgive me.

Amen

Or

My God, I am sorry for my sins.
In choosing to do wrong and failing to do good.
I have sinned against You and Your Church.
I firmly intend, with the help of Your Son,
to make up for my sins and to love you as I should.

Amen

• Father says, “*I absolve you of your sins, in the name of the Father, and the Son, and the Holy Spirit.*”

(You make the sign of the cross).

- You say, “**Thank you Father**”
- **Return to your seat and do your penance if possible.**
If not then, do it as soon as you can.

