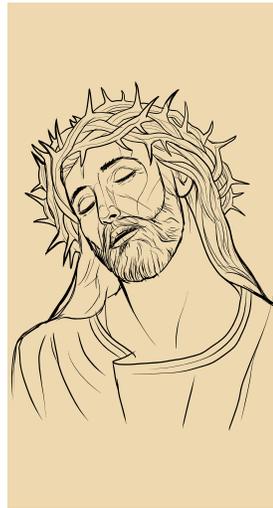


CONFESSION

Step-By-Step Pocket Guide

*Experience God's Healing Love,
Forgiving Mercy and Resting Peace*



Preparation

Before going to Confession, take some time to prepare. Begin with prayer and reflect on your life since your last Confession. Think of the ways your thoughts, words and actions have failed to live God's Ten Commandments. Many online resources can help guide you through this process. If helpful, write down your sins and bring them with you.

Entrance

Enter the confessional (reconciliation room) and kneel behind the screen for privacy or sit face to face with the priest.

Sign of the Cross

Make the sign of the cross (either alone or with the priest). Say: **"Bless me, Father, for I have sinned. It has been (number of days, months, or years) since my last confession."**

Confession

The priest, who acts as Christ and listens on behalf of the Church, invites you to confess your sins (or he may remain silent). Confess your sins to the priest (if unsure what to say, ask the priest). When finished, say: **"For these and all of the sins of my past I am sorry."** Note: The priest may ask for clarifications or provide some guidance regarding your sins.



Penance

The priest gives you an act of penance (usually prayers, reading, or an action) to be performed after the confession.

Act of Contrition

The Priest asks you to say an Act of Contrition prayer.

Say: **"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."** *This prayer is also posted in the confessional.*

Absolution

The priest says a prayer of absolution over you that frees you from your sins after which you say: **"Amen."**

Praise & Dismissal

The priest invites you to go in peace after which you say: **"Thank you, Father" or "Thanks be to God."** Exit the confessional and complete your penance as soon as possible (within reason, given the penance).

