

# Steps for the Sacrament of Confession

Before you go to Confession you should pray to the Holy Spirit to help you remember any sins you have committed.

1. You must **know** what your sins are. Ask the Holy Spirit for help.
2. You must be **sorry** for your sins.
3. You must **make up your mind** not to sin again.
4. **Tell** your sins to **the priest**.
5. **Do the penance** the priest gives you promptly.

## Act of Contrition Prayers

O my God, I am heartily sorry for having offended You. 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 confess my sins, to do penance, and to amend my life. Amen.

# Making a Confession

1. The priest welcomes you . Say "Hello, Father."
2. Make the sign of the cross and say: "Amen."
3. Say: "Bless me, Father, for I have sinned. This is my first confession, and these are my sins."
4. Tell the priest your sins, the number of times, any necessary circumstances and causes of your sins. Then say: "I am sorry for these and all my sins."
5. Listen to the priest.
6. Say an Act of Contrition:

O my God, I am heartily sorry for having offended You. 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 confess my sins, to do penance, and to amend my life. Amen.
7. Listen for your penance.
8. When the priest gives you absolution, you make the Sign of the Cross and say: "Amen."
9. Say "Thank you, Father. God bless you too."
- If the priest says "Give thanks to the Lord for He is good", say "His mercy endures forever."*
10. Leave the confessional and say and do your penance.