Sacrament of Penance Step-by-Step

Prayer For A Good Confession

Dear Jesus, help me to make a good Confession; Help me to find out my sins; Help me to be sorry for them; Help me to make up my mind not to sin again. Have Mercy on me, Oh Lord, and forgive me. Oh Mary, my mother, pray for me.

Colour code: What priest says & does

What you do What you say

In the Confessional:

Begin with the Sign of the Cross: "In the name of the Father, and of the Son and of the Holy Spirit, Amen."

Then say: "Bless me Father, for I have sinned. It has been _____ (e.g. one month, one year) since my last confession."

Tell the Priest Your Sins. Be honest and tell him what you have done or failed to do. Say, "*These are my sins*. [List from most serious (grave) sins to lesser (venial) sins.]

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When you are finished, say, "I am sorry for these and all my sins."

Listen carefully to the priest's advice and the penance he will assign you.

The priest will ask you to say an Act of Contrition. 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.

The priest will say: "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."

Make the Sign of the Cross and respond, "Amen."

Priest will dismiss you by saying, "Go in peace."

You can respond by saying: "Thanks be to God" or "Thank you, father."

Come out, find a place in the church, and **do your penance.**

