

## How to Go to Confession

1. *The priest greets you, and you say:*

**Bless me, Father, for I have sinned.**

**It has been \_\_\_ [how long] since my last confession. These are my sins:**

2. *Tell your sins simply and honestly to the priest.*

3. *Listen to the words of the priest and accept the penance from him.*

4. *Pray an Act of Contrition:*

**O my God, I am heartily sorry for having offended Thee,  
and I detest all my sins, because I dread the loss of heaven, and the pains of hell;  
but most of all because they offend Thee, my God,  
Who art all-good and deserving of all my love.  
I firmly resolve, with the help of Thy grace,  
to confess my sins, to do penance, and to amend my life. Amen.**

-OR-

**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.**

5. *The priest prays the Words of Absolution with the blessing and you make the Sign of the Cross.*

6. *The priest dismisses you, and you say: Thanks be to God.*