

## How to Go to Confession:

⊕ Begin by making the sign of the Cross and saying: "Bless me, father, for I have sinned.

It has been \_\_\_ (weeks/months/years) since my last confession and these are my sins."

⊕ Confess your sins When you finish confessing, end with the words: "for these and for all of my sins I am truly sorry."

⊕ The priest will offer some advice and then assign you a penance.

⊕ You will then pray the Act of Contrition

### ***The Act of Contrition***

*Oh my God, I am heartily sorry for having offended you 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 you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more, to amend my life, and to avoid whatever leads me to sin. Amen.*

⊕ The priest will then say the prayer of Absolution, where the Lord frees you from sin and reconciles you with Himself and His Church.