

How to Make a Good Confession

1. Sign of the Cross (In the name of the Father, and the Son, and the Holy Spirit).
2. "Bless me Father for I have sinned. It has been (number of months, years, etc.) since my last Confession."

3. Confess you sins.

4. "I am sorry for these and all my sins."

5. Listen to what Father has to say.

6. Receive your penance.



7. Pray the **Act of Contrition**.

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. Lord Jesus, Son of God have mercy on me, a sinner. Amen.

8. Receive Absolution. Make the Sign of the Cross (when Father makes the Sign of the Cross).

9. "Thank you Father!"

10. Do your penance.