

## Steps for Confession

Enter the confessional and either sit facing father or kneel behind the screen – either is acceptable

The penitent and the priest begin with the sign of the Cross, **saying:**

**\*In the Name of the Father and of the Son and of the Holy Spirit.**

The priest urges the penitent to have confidence in God with these or similar words: **May the Lord be in your heart and help you to confess your sins with true sorrow.** The priest may read or say a passage from Sacred Scripture after which the **penitent then states:**

- \* **Forgive me, Father, for I have sinned.**
- \* **It has been (however many days, weeks, months or years) \_\_\_\_\_ since my last confession.**
- \* **State or read your sins.**

*(For the confession to be valid, the penitent must confess all of the mortal sins he or she is aware of having committed since the last confession, be sorry for them, and have a firm purpose of amendment to try not to commit the same sins in the future.)*

The priest will generally give some advice to the penitent and impose a penance. Then he will ask the penitent to **make an act of contrition**. The penitent says an act of contrition like the following:

### **Act of Contrition**

☛ **O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they have offended 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 and to avoid the near occasions of sin. Amen**

*After this the priest will absolve the penitent in the following words: God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son + and of the Holy Spirit.*

**You make the sign of the Cross and answer, “ Amen”**

*The priest will then dismiss you with a short prayer and encouragement. The penitent should then immediately try to fulfill the penance imposed if it is something that can be done quickly.*

*This pamphlet may be printed and brought to confession. Write on it as desired – after confession it should be shredded or burned.*

*List your sins:*