

Steps for Making a Good Confession

Step 1: Prepare yourself by praying to the Holy Spirit for guidance.

Step 2: Make an examination of conscience. Think about your sins, the things you have done wrong and what you are sorry for.

Step 3: Enter the confessional, kneel on the kneeler and begin by saying:

YOU: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen"

"Bless me Father, for I have sinned. It has been (*how long*) since my last confession, and these are my sins..."

Now confess all your sins and when you are finished say:

"For these and all the sins of my past, I am truly sorry."

Priest: *The priest will give you advice to avoid future sins and give you a penance and ask you to pray the "Act of Contrition"*

YOU: "Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments. 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."

Priest: *The priest says the prayer of Absolution. Listen carefully to this prayer: 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: "Amen"

Priest: *Give thanks to the Lord for he is good.*

YOU: "His mercy endures forever."

Priest: *The Lord has freed you from your sins. Go in peace.*

YOU: "Thanks be to God."

Step 4: When you leave the confessional, kneel down in Church and thank God for his forgiveness and grace.

Step 5: Remember to do your penance and try to follow Jesus.