

## HOW TO GO TO CONFESSION

### **Before**—EXAMINE YOUR CONSCIENCE WITH SINCERITY

1. Ask the Holy Spirit to help you examine your conscience before going to Confession. Truly be sorry for your sins and show that sorrow by making a firm resolution not to sin again.

### **During**—CONFESS YOUR SINS WITH CONTRITION

2. Make the Sign of the Cross and say *“Bless me Father for I have sinned. It has been \_\_\_\_\_ (weeks/months/years) since my last confession. I am sorry for....”*
3. Confess all your sins to the priest. Do not hide any of your sins because of fear or embarrassment. Be specific. What did you do? To whom? How many times? ***Do not be embarrassed to confess all your sins.*** If any are mortal sins, tell the priest so.
4. When you are finished, say, *“I am sorry for these and all the sins I have forgotten.”*
5. Father will perhaps give you some advice for avoiding future sins and afterward, give you a penance to perform.
6. Say an Act of Contrition . One example is: *“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 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 and to avoid the near occasion of sin. Amen.”*
7. Then Father, acting in the Person of Christ, will absolve you from your sins by saying the Prayer of Absolution.
8. Make the Sign of the Cross and respond *“Amen.”*
9. Father may then say, *“Go in peace”* to which you respond *“Thanks be to God.”* OR *“Give thanks to the Lord for He is good.”* and you respond, *“for His mercy endures forever”*
10. Before you leave the confessional, thank Father.

### **After**—DO YOUR PENANCE WITH LOVE

11. Perform the penance Father has given you soon after Confession with attention and care as an act of thanksgiving for Christ’s suffering and death on the Cross and the mercy which you have received for your sins.
12. Decide on a plan as to how you will work to avoid specific sins in the future and make a firm resolution to carry out that plan.