

### Going to Confession

1. Make the Sign of the Cross, "In the name of the Father, and the Son and the Holy Spirit."
2. You say "Bless me Father for I have sinned. This is my first confession" (or It has been \_\_\_ since my last confession")
3. Confess your sins.
4. Listen as the priest speaks to you and gives you a penance. Then you will pray the Act of Contrition.
5. Listen to the prayer of absolution.
6. After the words of absolution the priest will say:

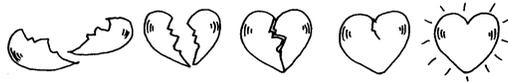
**Give thanks to the Lord for he is good.**

You respond:

**His mercy endures forever.**

### Act of Contrition

O my God I am heartily sorry for having offended thee  
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.



*Create in me a clean heart, O Lord!*

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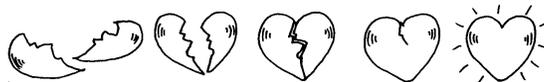
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