

## GOING TO CONFESSION

1. Make the Sign of the Cross, “In the name of the Father and of the Son and of the Holy Spirit.”
2. You say “Bless me Father for I have sinned. It has been \_\_\_\_ since my last confession.”
3. Confess your sins.
4. Listen as the priest speaks to you & gives you a penance. 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 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.

