

## HOW TO GO TO CONFESSION

BLESS ME FATHER FOR I HAVE SINNED.

IT'S BEEN \_\_\_\_\_ SINCE MY LAST CONFESSION.

1. Make the sign of the Cross, listen to the prayer the priest says, asking God to help you.
2. Tell the priest your sins (Confession) and the number of times committed or omitted – once a week, once a month.
3. Listen to how the priest tells you to make up for your sins (Penance).
4. Say the Act of Contrition:

**My God, I am sorry for my sins  
with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against You  
whom I should love above all things.  
I firmly intend, with Your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In His name, my God, have mercy.**

5. Make the Sign of the Cross when the priest gives you absolution (Forgiveness).
6. Thank the priest and leave the confession room or area.