

A GUIDE FOR CONFESSION

1. KNEEL OR SIT BY THE PRIEST HEARING CONFESSIONS.

2. MAKE THE SIGN OF THE CROSS, SAYING: "IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN."

3. THEN SAY: "BLESS ME, FATHER, FOR I HAVE SINNED. THIS IS MY FIRST CONFESSION (OR TELL HOW LONG IT'S BEEN SINCE YOUR LAST CONFESSION). THESE ARE MY SINS..."

THEN TELL YOU SINS TO THE PRIEST.

WHEN YOU ARE DONE, SAY: "I AM SORRY FOR THESE AND FOR ALL MY SINS."

4. LISTEN TO THE ADVICE THE PRIEST GIVES YOU AND REMEMBER THE PENANCE HE GIVES YOU.

5. THEN SAY THE ACT OF CONTRITION:

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. AMEN.

THE PRIEST WILL THEN ABSOLVE YOU OF YOUR SINS AND YOU RECEIVE THE FORGIVENESS OF JESUS! THE PRIEST MIGHT SAY: "GIVE THANKS TO THE LORD FOR HE IS GOOD," OR SOMETHING LIKE THAT. YOU SAY: "THANK YOU, FATHER." THEN YOU GO BACK TO YOUR PLACE IN THE CHURCH. DO YOUR PENANCE RIGHT AWAY.

THANK GOD FOR HIS MERCY!

