



How to go to Confession

RECONCILIATION OF THE INDIVIDUAL PENITENT (One Priest and one penitent with Individual absolution)

After you have examined your conscience, enter the confessional or penance room.
You can go behind the screen or face to face.

- *Make the sign of the cross.* + The priest will bless you.
- Words of welcome and introduction are given by the priest
- A short scripture reading usually is read by the priest
- Confess your sins in any way you wish. Begin something like this:
Bless me Father for I have sinned .
This is my 1st Confession or My last confession was _____
These are my sins: (Mention all your serious sins and or major faults since your last confession.)
- Then conclude by saying something like,
“I am sorry for these and all my sins”.
- The priest will say a few words of encouragement or give advice on growing in your spiritual life. You can also ask any questions if you so desire. Then he will give you a penance, (Prayers to say, reflection on Scripture or a kind action to do)
- You then are invited to say an **Act of Contrition**

Oh my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishment, but most of all because I have offended thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen

..... or

Oh my God, I have sinned through my own fault, in choosing to sin and failing to do good. I have sinned against you, whom I should love above all things. I firmly intend, with the help of your son, to make up for my sins and to love as I should. Amen

- The priest will then give you ABSOLUTION. As he makes the sign of the cross + over you, *make the sign of the cross over yourself* + .
- Then the priest will dismiss you by saying something like ... “Go in peace. May God bless you.”
- You can say, “*Thank you Father*”.
- Then you can leave the Penance room and go back to your place in church to pray or spend time in silence with God, before doing your penance.
- Say or do your penance as soon as possible.

