



Guide to a Good Confession

1. Priest: In the name of the Father, and of the Son, and of the Holy Spirit + May the grace of our Lord, Jesus Christ, be in your heart and on your lips to help you make a good Confession.
2. Penitent: **“Bless me Father, for I have sinned. It has been ____ months since my last confession. These are my sins:**
(Tell Father your sins.)”
3. Penitent: After saying your last sin, say: **“I’m sorry for these sins and any I may have forgotten.”**
4. Priest: Father will give you some advice or encouragement.
5. Priest: He will give you a penance to do.
6. Priest: He will ask you to say the Act of Contrition.
7. Penitent: **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.

8. Priest: He will give you absolution, closing by saying: “Your sins are forgiven, go in peace.”
9. Penitent: **Thank you, Father.**
10. Penitent: Leave the confessional and do your penance as soon as possible.