



# GUIDE FOR CONFESSION

## HOW TO GO TO CONFESSION

*Adapted from "We Prepare for Reconciliation," pages 54 – 55*

Both you and the Priest will make the Sign of the Cross:

**In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.**

You will say the following words:

**Bless me Father for I have sinned.  
My last confession was \_\_\_\_\_  
ago.**

**OR:**

**Bless me Father for I have  
sinned. This is my first  
Confession.**

Then you will tell the Priest about your sins. These are times when you have done wrong on purpose or times when you hurt other people in some way. Speak to the Priest as you would speak to Jesus as your friend. Remember that the Priest will never tell anyone else what you say. The *Examination of Conscience* would have helped you prepare this step ahead of time.

The Priest will say some words of encouragement and maybe give suggestions on how to avoid sin. The Priest will also ask you to do some special action, usually to say a few specific prayers. This will be your *penance*.

The Priest will ask you to say the *Act of Contrition*:

**O my God,  
I am heartily sorry for having offended You  
and I detest all my sins,  
because I fear the loss of heaven and the pains of hell,  
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 confess my sins, to do penance and to amend my life.  
Amen.**

The Priest will then say the *Prayer of Absolution*. These words are the sign that God forgives you and is giving you a fresh start. As the Priest finishes the prayer, make the Sign of the Cross:

**I absolve you from your sins  
in the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.**