

# A GUIDE TO CONFESSION

(take this with you ... it's really okay)



## BEFORE YOU GO

Examine your conscience, that is, reflect on what sins you have committed. To guide you, just Google "examination of conscience" and you'll find resources to help you. It's even all right to make a list to bring with you if that helps.



## INTRODUCTION

When you come before the priest, begin by making the Sign of the Cross (praying the words out loud), and continue by saying, "Bless me, Father, I have sinned. It has been (how long) since my last confession. These are my sins..."



## CONFESSION

List the sins you've committed that came to mind during your examination of conscience. Don't be too general ("I haven't been a good person"), but a lot of detail isn't necessary (you don't need to tell the whole story of how a sin came about). If you're not sure if something is a sin, ask the priest. This isn't counseling, so unless you ask, the priest likely won't give you advice. He'll just move on to ...



## PENANCE

The priest will suggest something for you to do or pray as a response to God's mercy. You'll have to remember what this is and do it after the confession is over, so pay attention.



## ACT OF CONTRITION

The priest will then ask you to pray out loud your "Act of Contrition," to demonstrate your sorrow for your sins: "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."



## ABSOLUTION

Don't get up to leave after that prayer, because the best part is yet to come: The priest will extend his hands in your direction and pray the Prayer of Absolution: "God, the Father of Mercies, through the death and resurrection of his Son, has reconciled the world to himself and poured out the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God grant you pardon and peace. And I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen." You respond: "Amen."



## CONCLUSION

The priest will then likely say something like, "God has freed you from your sin. Go in Peace." To which you can respond: "Thanks be to God." Don't forget to do your penance. If it is saying certain prayers, it's best to do it right away in the church before you forget.