

How to: the SACRAMENT of RECONCILIATION

1. PREPARATION

Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. *(See reverse side for help with your Examination of Conscience.)*

2. GREETING

The priest will welcome you; he may say a short blessing or read a Scripture passage.

3. THE SIGN OF THE CROSS

Together, you and the priest will make the Sign of the Cross. You may then begin your confession by saying:

“Bless me, Father, for I have sinned. It has been [give days, months or years] since my last confession.”

4. CONFESSION

Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: **“I am sorry for these and all my sins.”**

5. PENANCE

The priest will propose an act of penance. He might also counsel you on how to better live a Christian life.

6. ACT OF CONTRITION

After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more:

**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.**

7. ABSOLUTION

The priest will extend his hands over your head and pronounce the words of absolution. You respond, **“Amen.”**

8. PRAISE

The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest might say, “Give thanks to the Lord for he is good.” Your response would be, **“His mercy endures forever.”**

9. DISMISSAL

The priest will conclude, often saying, “Go in peace.”