



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. (*Rite of Penance*)

How to Go to Confession

Enter confessional (or reconciliation room), kneel (or sit), and bless yourself with the sign of the cross and say,

"Bless me, Father, for I have sinned."

State how long it's been since your last confession.

The priest may read a passage from the Bible.

The priest will ask you to confess your sins.

That's your cue. Confess your sins to the priest.

The priest will give you your penance. This usually consists of a set amount of prayers or an action on your part.

The priest will invite you to recite an Act of Contrition. (See prayer on the back of this card.)

The priest says a prayer, and in the name of Jesus, absolves you of the confessed sins.

That's it! You're done. You do your penance and leave feeling uplifted...cleansed so to speak!

Adapted from *Rite of Penance* for Individuals

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