

FORM FOR CONFESSION

1. Choose a priest and wait in line quietly.
2. Examine your conscience: What things have I done wrong? What things have I done right?
3. Go to the priest and begin your confession saying:

BLESS ME FATHER FOR I HAVE SINNED.
IT HAS BEEN _____ SINCE MY LAST CONFESSION.
(DAYS, MONTHS, YEARS)

4. Tell your sins to the priest. Tell the priest something that you are doing well or fell good about.
5. Listen to what the priest has to say.
6. Say the Act of Contrition:

OH MY GOD, I AM SORRY FOR ALL MY SINS BECAUSE THEY
DISPLEASE YOU, WHO ARE ALL GOOD AND DESERVING OF
ALL MY LOVE. WITH YOUR HELP, I WILL SIN NO MORE.

AMEN.

7. Wait for the blessing/absolution. Make the sign of the cross as the priest blesses you.
8. Go back to your seat and do the penance the priest gives you.

FAITH WORDS

ABSOLUTION: A sign of God's forgiveness

SIN: Freely choosing to do something which we know is wrong and against God's will

CONSCIENCE: The ability to know right from wrong