



During Confession

After examining your conscience and telling God of your sorrow, go into the confessional. You may kneel at the screen or sit to talk face-to-face with the priest.

Begin your confession with the sign of the cross, "In the name of the Father, and of the Son, and of the Holy Spirit. My last confession was _____ weeks (months, years) ago."

The priest may read a passage from Holy Scripture.

Say the sins that you remember. Start with the one that is most difficult to say. (In order to make a good confession the faithful must confess all mortal sins, according to kind and number.) After confessing all the sins you remember since your last confession, you may conclude by saying, "I am sorry for these and all my sins."

Listen to the words of the priest. He will assign you a penance. Doing the penance will diminish the temporal punishment due to sins already forgiven. When invited, pray the 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.

At the End of Confession

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest. As you listen to the words of forgiveness you may make the sign of the cross with the priest. If he closes by saying, "Give thanks to the Lord for He is good," answer, "For His mercy endures forever."