

+ In the name of the Father and of the Son and of the Holy Spirit

Begin by saying:

Bless me Father, for I have sinned.

It has been *(indicate how long)* since my last confession.

These are my sins.....

Tell your sins to the Priest. When you're finished say:

For these sins I am truly sorry, and I will try not to sin again.

*Father will talk with you, give you a penance
he'll ask you to make an act of contrition*

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.

*Father will pray over you, and give you absolution for your sins.
This means Jesus forgives you through the ministry of the Priest.*

+ In the name of the Father and of the Son and of the Holy

You are forgiven! We invite you to find a quiet place in the Church and complete your Penance. God Bless You!

