

CONFESSION GUIDE: HOW TO GO TO CONFESSION

- 1.) The priest will welcome you “with kindness & greet you with friendly words.”
- 2.) The priest will invoke God’s blessing “In the name of the Father, and of the Son, and of the Holy Spirit.” Make the Sign of the Cross and say “Amen.”
- 3.) The priest will then invite your trust in God’s mercy by saying: “May God, who has shown his light in our hearts grant that you may truly know your sins and his mercy.” You say “Amen.” The priest may share a reading of God’s Word.
- 4.) When prompted by the priest, tell your sins directly, simply and honestly. It’s no longer necessary to say, “Bless me, Father, for I have sinned,” to mention the last time you’ve been to confession, or how many times one or more sins were committed. The priest may ask you this IF helpful in providing counsel.
- 5.) Listen to the priest’s counsel and accept the act penance given. Then say an Act of Contrition; you may choose from 10 options; use these, similar words, or your own words to express your contrition.
- 6.) The priest will give you absolution, to which you respond “Amen.” The priest will invite to “Give thanks to the Lord for he is good,” & you respond, “For his mercy endures forever,” and then the priest will dismiss you saying “The Lord has forgiven your sins. Go in peace.”
- 7.) Stay in Church awhile, saying and preparing to perform your act of penance.

AN ACT OF CONTRITION

O my God, I am sorry and repent with all my heart for all the wrong I have done and for all the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin. Through the merits of the Passion of Our Savior, Jesus Christ, Lord, have mercy. Amen.

Or

Remember, Lord, the compassion and mercy you showed long ago. Do not recall my sins and failings. In your mercy remember me, Lord, because of your goodness. Amen.

Or

Wash me, O Lord, from my iniquity and cleanse me from my sin. I acknowledge my offense; my sin is before me always. Amen.

Or

Father, I have sinned against you, and I am not worthy to be called your child. Be merciful to me, a sinner. Amen.

Or

Lord Jesus, Son of God, have mercy on me, a sinner. Amen.

Or

O God, most merciful Father, like the Prodigal Son, I turn to you and say: I have sinned against you; I am no longer worthy to be called your child. Amen.

Or

O Jesus Christ, Savior of the world, like the thief to whom you opened the gates of paradise, I beg you: Lord, remember me in your Kingdom. Amen.

Or

O Holy Spirit, fount of love, with trust I call upon you: purify me; make me walk as a child of the light. Amen.

Or

Lord Jesus, who opened the eyes of the blind, healed the sick, forgave the sinful woman, and, after his denial, confirmed Peter in your love, hear my plea: forgive all my sins, renew me in your love, and grant that I may live in perfect communion with my brothers and sisters and so proclaim your salvation to all. Amen.

Or

Lord Jesus, who whose to be called the friend of sinners, through the mystery of your Death and Resurrection, free me from my sins. May your peace grow strong in me, that I may bear the fruits of charity, justice and truth. Amen.

Or

Lord Jesus Christ, Lamb of God, who take away the sin of the world, through the grace of the Holy Spirit be pleased to reconcile me with your Father; cleanse me in your blood from every fault & make me fully alive to the praise of your glory. Amen.

Or

Have mercy on me, O God, according to your merciful love; turn your face from my sins and blot out all my guilt; create a pure heart in me, O God, renew an upright spirit deep within me. Amen.

Or

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more, and to avoid the near occasions of sin. Amen.