

How To

Go To Confession

1. Preparation

Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. As a help with this Examination of Conscience, you might review the Ten Commandments or the Beatitudes.

2. Greeting

The priest will welcome you; he may say a short blessing or read a Scripture passage.

3. The Sign of the Cross

Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: **"Bless me, Father, for I have sinned. It has been [give days, months or years] since my last confession."**

4. Confession

Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: **"I am sorry for these and all my sins."**

5. Penance

The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

6. Act of Contrition

After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more:

**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.**

7. Absolution

The priest will extend his hands over your head and pronounce the words of absolution. You respond, **"Amen."**

8. Praise

The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest might say, "Give thanks to the Lord for he is good." And your response would be, **"His mercy endures forever."**

9. Dismissal

The priest will conclude the sacrament, often saying, **"Go in peace."**

How To

Pray Before the Blessed Sacrament

As Catholics we believe that when we pray before Jesus in the Blessed Sacrament (Jesus in the Tabernacle or the Monstrance), the fullness of His life, power and love are present. Jesus is here with you right now! Pray to Him in your own words or use these prayers.

Reflect on this passage, and ask Jesus to feed your deepest hungers.

“I am the bread of life. Whoever comes to me will never hunger, and whoever believes in me will never thirst” (John 6:35).

Pray the *Tantum Ergo* (“Come Adore”) and ask Jesus for healing.

Tantum ergo Sacramentum
Veneremur cernui
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.
Genitori, Genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procendenti ab utroque
Compar sit laudatio.
Amen.

Down in adoration falling,
Lo! The sacred Host we hail;
Lo! O'er ancient forms departing,
Newer rites of grace prevail;
Faith for all defect supplying,
Where the feeble senses fail.
To the everlasting Father,
And the Son who reigns on high,
With the Spirit Blest proceeding,
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty.
Amen.

Pray the *Anima Christi* and ask Jesus to fill you completely.

Soul of Christ, sanctify me. Body of Christ, save me.
Blood of Christ, inebriate me. Water from the side of Christ, wash me.
Passion of Christ, strengthen me. O good Jesus, hear me.
Within your wounds, conceal me. Do not permit me to be parted from you.
From the evil foe, protect me. At the hour of my death, call me.
And bid me come to you, to praise you with all your saints, For ever and ever.
Amen.

Repeat the *Jesus Prayer* over and over in surrender to Jesus.

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.