Here’s what will happen during your confession:

1. You will enter the confessional and kneel or sit face-to-face with the priest.
2. You say and make **The Sign of the Cross**.
3. You say,

“**Bless me, Father, for I have sinned. This is my first confession. My sins are \_\_\_\_\_\_.”**

Confess all of your sins to the priest and how often you sinned.

After the first time you say this instead,

“Bless me, Father, for I have sinned. My last confession was \_\_\_ ago. My sins are \_\_\_\_\_.”

1. You say, “**For these and any sins I may have forgotten, I am sorry**.”
2. The priest will listen to your sins and give you some thoughts on what you shared. He will give you a penance which is what you must do to make up for your sins.
3. The priest may ask you to say 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. Amen.”**

1. The priest will forgive you in the name of Jesus saying the following;

“I absolve you from your sins in the Name of the Father, and of the Son, and of the Holy Spirit.”

Make **The Sign of the Cross**

1. You say, **“Amen.**”
2. The priest may say the following:

“Go in peace,” to end the sacrament.

1. You say, “**Thank you, Father**,” to the priest.

1. Leave the confessional or your seat.
2. Do your penance right away.

God is good. God is love. God is all powerful.

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