**Going to Confession**

1. Enter the Reconciliation room and kneel behind the screen or sit in the chair across from the priest. **Bless yourself by making the Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit, Amen.** Then say, **Bless me Father for I have sinned. This is my first confession.** (When you go to confession again, you say, It has been one month or however long since your last confession). **These are my sins.**

2. **Confess your sins simply and honestly to the priest.** After you confess your sins you can say, **I am sorry for all of my sins.** Then listen to what the priest has to say.

3. **Accept your penance.** The priest will ask you to say a prayer or do something to show that you are really sorry for the wrong things you have done. This is called a penance.

4. **Pray the Act of Contrition**

**Option 1:** O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offended Thee, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

**Option 2:** 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.

5. **The priest prays the prayer of Absolution**. This is when the priest, with the authority given to him from the Church and acting as Jesus, forgives all your sins. You will make the Sign of the Cross when you hear the priest say, “ **I absolve you from your sins, In the name of the Father, and of the Son, and of the Holy Spirit.”** You respond, **Amen.**

6. **Say Thank You, to the priest.**

7. After confession, do your penance as soon as possible. If it is a prayer, make sure to kneel and do it right away.