



Welcome home

The Light is On For You

During Confession

-How do I go to confession?-

AN 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.



1. Confess

CONFESS YOUR SINS ALOUD TO THE PRIEST,
WHO LISTENS LOVINGLY ON BEHALF OF
CHRIST & THE CHURCH.

THE PRAYERS OR GOOD DEEDS THE PRIEST
GIVES US, SO THAT YOU MAY BEGIN HEALING THE
RELATIONSHIPS HURT BY YOUR SINS.

2. Receive Penance



3. Act of Contrition

A SIMPLE EXPRESSION TO GOD THAT WE ARE
SORRY FOR OUR SINS & THAT WE RESOLVE TO
LEAVE SIN BEHIND AND LIVE IN THE LIGHT!

THE WORDS THE PRIEST SPEAKS WHICH
RECONCILE US TO GOD AND THE CHURCH.

4. Receive Absolution



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

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 weeks, months, or years) since my last confession."

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."

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.

Act of Contrition: Say an Act of Contrition, expressing sorrow for your sins and resolving to leave sin behind and live more like Jesus Christ!

Absolution: The priest then blesses you in the person of Christ as he says the prayer of Absolution which frees you from your sins