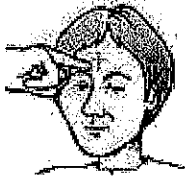


# Sacrament of Penance and Reconciliation (Confession)



Say to the Priest:

***Hello Father!***

Begin with 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.***

***It has been \_\_\_\_\_ (tell how long ...for example: 3 months, 1 year) since my last confession. These are my sins...***

Please tell the priest all the sins that you remember since your last confession. When finished saying your sins then you say:

***For these and all my sins I am truly sorry.***

The priest might give you some advice to help you to be a better person and will tell you your Penance (usually it is a prayer to say after your confession is over).

Then listen to the words of the Absolution (the prayer of forgiveness). You will then see the priest make the "Sign of the Cross" and you also will bless yourself silently and say:

***Amen!***

At the end, Father will say "Go in the peace of Christ, God has forgiven your sins."

And you will say:

***Thanks be to God.***

After leaving the priest you will go to a quiet area to say your prayer of Penance.



## Act of Contrition:

*God, I am sorry for all my sins;  
For what I have done and what I have failed to do.  
I will sincerely try to do better.  
Please help me to walk by Your light.*