

FORM FOR CONFESSION

Enter the Confessional or sit on the chair next to the priest.

GREET THE PRIEST

GOOD AFTERNOON, FATHER...then say

MAKE THE SIGN OF THE CROSS

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

CONFESSION

BLESS ME FATHER, FOR I HAVE SINNED, THIS IS MY FIRST CONFESSION...then tell the priest your sins. When you have told all your sins, say, **“I AM SORRY FOR THESE AND ALL MY SINS.”**

Listen to the penance the priest gives you. Father will then ask you to pray the Act of Contrition.

ACT OF CONTRITION

O MY GOD, I AM HEARTILY SORRY FOR HAVING OFFENDED YOU, AND I DETEST ALL MY SINS BECAUSE OF YOUR JUST PUNISHMENTS, BUT MOST OF ALL BECAUSE THEY OFFEND YOU, MY GOD, WHO ARE ALL GOOD AND DESERVING OF ALL MY LOVE. I FIRMLY RESOLVE WITH THE HELP OF YOUR GRACE, TO SIN NO MORE AND TO AVOID THE NEAR OCCASIONS OF SIN. AMEN.

PRIEST GIVES ABSOLUTION

God the Father of mercies, through the death and Resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

RESPONSE

AMEN

PRIEST

Give thanks to the Lord for He is good.

RESPONSE

HIS MERCY ENDURES FOREVER.

PRIEST

Go in peace.

RESPONSE

THANK YOU, FATHER.

SAY PENANCE

Now go to the kneeler in front of the Altar and pray the penance Father has given you.