

# Sacrament of Reconciliation

As preparation for going to confession, you should spend a few moments thinking about what sins you need to tell Jesus, and ask for forgiveness. Take your time and be prepared when you enter the confessional.

After entering the confessional, kneel down.

Make the sign of the cross, saying, **Bless me, Father for I have sinned. It has been...***here mention how long it has been since the last time you went to confession, two weeks, a month, two months, whatever amount of time it has been since you last went to confession and then say...***and these are my sins:**

Now you say the sins you want to ask Jesus forgiveness of through the sacrament. When you have finished saying all of your sins, say, **I am truly sorry for all of my sins.**

Father will now speak to you a little about some of the things you said and give you advice. He will also tell you what you must do for your penance. You do your penance when you go back into the Church after confession.

Father will then ask you to say your Act of Contrition:

## Act of Contrition

**O my God, I am heartily sorry for having offended thee, and I detest all of my sins because of thy just punishments. But most of all because they have offended thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more and to avoid the near occasion of sin. Amen.**

Father will then speak the words of absolution. When he says, “and I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit,” you make the sign of the cross and say “**Amen.**”

You then may leave. As you leave, you should say, “**Thank you, Father.**”