

Procedure for Confession

Most necessary element for Confession and the reception of the sacrament: sorrow for sin.

When entering the Confessional:

Bless me Father for I have sinned. It has been _____ since my last Confession.
These are my sins.
(For First Penance: Bless me Father for I have sinned. This is my first confession.
These are my sins.)

Tell your sins to the priest and at the end say: "That's all Father" to let the priest know you are finished.

The priest will speak to you and give you a penance such as an Our Father or Hail Mary, which you will say outside the Confessional.

The priest then gives you absolution and you will return to your pew and say your penance along with the ***Act of Contrition/Prayer of Sorrow***.

Act of Contrition/Prayer of Sorrow

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.

Rite of Penance:
Our Savior, Jesus Christ suffered and died for us.
In His name, My God, have mercy.

