

WHAT TO SAY IN CONFESSION

In the confessional, kneeling or sitting down in front of the priest,
bless yourself by making 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 ...state period...
since my last Confession and these are my sins.**

State your sins with a contrite, humble heart. Don't talk in parables
to downplay your sins or blame others. Be specific about where
you went wrong. You are absolved only of your confessed sins.

Absolution releases you from the bondages to evil that came
from the sin. The priest has taken a vow of secrecy, so will not
share your sins with anyone.

When you are finished, the priest will then give you your penance.
This is usually a short prayer to pray after Confession and may
also include an act of reparation.

In closing, the priest will ask you to say an Act of Contrition.
Say, for example:

**O my God, I am heartily sorry for having offended and hurt you.
With the help of your grace, I firmly resolve to do penance,
to sin no more and to avoid occasions of sin. Amen.**

The priest will then say a prayer of absolution to absolve you of your sins.
After exiting the confessional, don't forget to do your penance.

Don't be embarrassed to confess your sins because Jesus and
his priest are not judging you, but forgiving you, absolving you
and clearing your Dark Book of Heaven.

Come regularly to Confession to receive Jesus worthily in Holy Mass.



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