

HOW TO GO TO CONFESSION



**ST. MICHAEL
PRAY FOR US**

BEFORE CONFESSION

- 1. Pray.** Ask God to give you the grace to make a good confession.
 - a. "Come, Holy Spirit, enlighten my mind that I may clearly see all my sins. Let me not be deceived by self-love, but show me the true state of my conscience. Move my will to sincere sorrow; help me to make a good confession. Holy Mother of God, intercede for me that I may obtain the pardon of my sins. Amen."
- 2. Examine your conscience.** Reflect on your life, trying to recall all the times you sinned against God since your last confession. Use an Examination of Conscience to help you.
- 3. Be truly sorry for your sins.**
- 4. Make the resolution to avoid committing these sins in the future.**

DURING CONFESSION

1. Enter the confessional and greet the priest.

Begin by making the sign of the cross and say "Bless me, Father, for I have sinned. It's been [however many days/months/years] since my last confession."

2. List your sins.

- At this time, confess your venial (everyday) sins and mortal sins, briefly and clearly.
- It might be helpful to start with the one that is most difficult to say since it will make it easier to mention the rest.
- Remember that for a confession to be valid all mortal sins must be confessed. If you do not know whether a sin is mortal or not, ask the priest for guidance.
- If you do not know what to say, feel uneasy or ashamed, simply ask the priest to assist you. Be assured that he will help you to make a good confession. Simply answer the questions he might ask you without hiding anything out of shame or fear. Place your trust in God who is your merciful Father and wants to forgive you.

3. Listen to the priest.

When you're done confessing your sins, the priest may offer some guidance and suggest ways to avoid sins in the future. Following this, he will assign you a penance which you are to do when you leave the confessional. It might be saying a few prayers, doing an act of charity, or making a sacrifice.

4. Pray the Act of Contrition.

After giving you the penance, the priest will ask you to say the Act of Contrition. If you do not know an Act of Contrition, ask the priest to assist you.

- "O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend 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 occasions of sin."

5. Receive absolution from God, via the priest.

The priest will say the following prayer to absolve you of your sins:

- "God, the Father of mercies, through the death and the 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."
- Make the sign of the cross and close with "Amen. "
- After giving you absolution, the priest will say, "Give thanks to the Lord for He is good."
- Respond with, "His mercy endures forever."
- Priest concludes with, "Your sins are forgiven. Go in peace." and you respond, "Thanks be to God."

6. Depart from the confessional.

AFTER CONFESSION

1. Say a prayer of thanksgiving. Give thanks to God for the gift of his infinite mercy and for the sacrament you have just received.

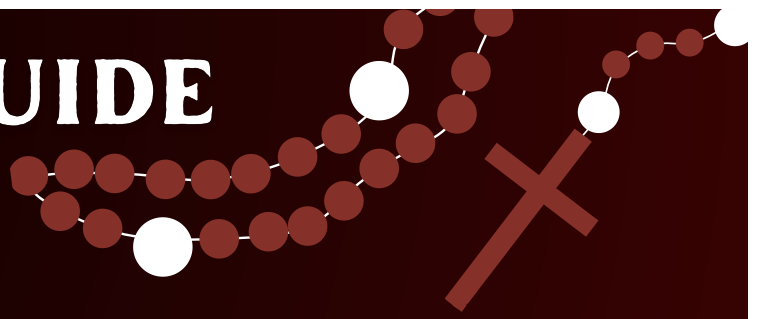
- "My dearest Jesus, I have told all my sins to the best of my ability. I have sincerely tried to make a good confession and I know that you have forgiven me. Thank you dear Jesus. Your divine heart is full of love and mercy for poor sinners. I love You dear Jesus; you are so good to me. My loving Savior, I shall try to keep from sin and to love You more each day. Dearest Mother Mary, pray for me and help me to keep all my promises. Protect me and do not let me fall back into sin. Dear God, help me to lead a good life. Without Your grace I can do nothing. Amen."

2. Complete your penance.



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CONFESSION GUIDE



Penitent: Make the sign of the cross.

Penitent: "Bless me, Father, for I have sinned. It's been [however many days/months/years] since my last confession."

Penitent: State your sins.

Priest: May offer some guidance and suggest ways to avoid sins in the future.

Priest: Provides penance.

Penitent: Pray the Act of Contrition...

- **"O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend 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 occasions of sin."**

Priest: Absolve you of your sins.

- **"God, the Father of mercies, through the death and the 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."**

Penitent: Make the sign of the cross and close with "Amen."

Priest: "Give thanks to the lord for He is good."

Penitent: "His mercies endure forever."

Priest: "Your sins are forgiven. Go in peace."

Penitent: "Thanks be to God."

Penitent: Depart from confessional and complete your penance.