

• A GUIDE TO RECONCILIATION •

MY CONFESSION GUIDE

1 BEGIN WITH THE SIGN OF THE CROSS.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

2 Bless me, Father, for I have sinned. It has been ...

☐ DAYS ☐ MONTHS

☐ WEEKS ☐ YEARS

_____ number

... since my last confession.

3 SINS TO CONFESS

NUMBER OF TIMES

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... I am sorry for these and all my sins.

4 MY PENANCE

You will do these after Confession.

5 PRAY AN ACT OF CONTRITION.

*O my God, I am sorry for my sins.
In choosing to sin, and failing to do good,
I have sinned against You and Your church.
I firmly intend, with the help of Your Son,
to make up for my sins and to love
as I should. Amen.*

6 THE PRIEST WILL ABSOLVE YOU OF YOUR SINS BY SAYING THE PRAYER OF ABSOLUTION.

When he is finished, you respond... Amen.

7 THE PRIEST WILL SAY, "GO IN PEACE."

You respond... Amen.

8

LEAVE THE CONFESSIONAL AND DO YOUR PENANCE, GIVING THANKS TO GOD.