

How to do Confession

1. Start with the Sign of the Cross †
2. Say, “Forgive me Father, for I have sinned. It has been [state time] since my last confession.”
3. State your sins.
4. Father will give you a Penance.
5. Say the Act of Contrition.

O 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 the help of your grace, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, dear God, forgive me. Amen.

6. Father will give you absolution.
7. Conclude with the sign of cross. †