

# Going to Confession

## Before

Make an examination of conscience:

Review the 10 Commandments

Review the Precepts of the Church

Review your thoughts, words, and actions



## During

### **Reception of the Penitent:**

The priest may welcome you, make the Sign of the Cross, and ask God to help you make a good confession. He may also read a passage from Scripture, which proclaims God's mercy and calls you to conversion.

After this you may say: **“Bless me Father, for I have sinned. It has been \_\_\_\_\_ long since my last confession and these are my sins.....”**

### **Confession of Sins and Acceptance of Satisfaction:**

Confess your sins. All mortal sins must be confessed, including how many times you committed them. The priest will then assign you certain prayers or good works as penance for your sins.

### **Prayer of the Penitent and Absolution:**

Express your sorrow and say these or similar words:

**Oh my God, I am heartily sorry for having offended you and I detest all my sins because of your just punishments, but most of all, because they offend you my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to confess my sins, to do penance, and to avoid the near occasion of sin. Amen.**

The priest will then extend his hands over your head and say a prayer that absolves you from your sins.

Respond: **Amen.**

### **Proclamation of Praise of God and Dismissal:**

The priest may say: *“Give thanks to the Lord for his is good.”*

Respond: **His mercy endures for ever.**

Then, he may say: *“The Lord has freed you from your sins.  
Go in peace.”*



## After

Perform your assigned penance and, with God's grace, try hard to avoid falling into sin again!