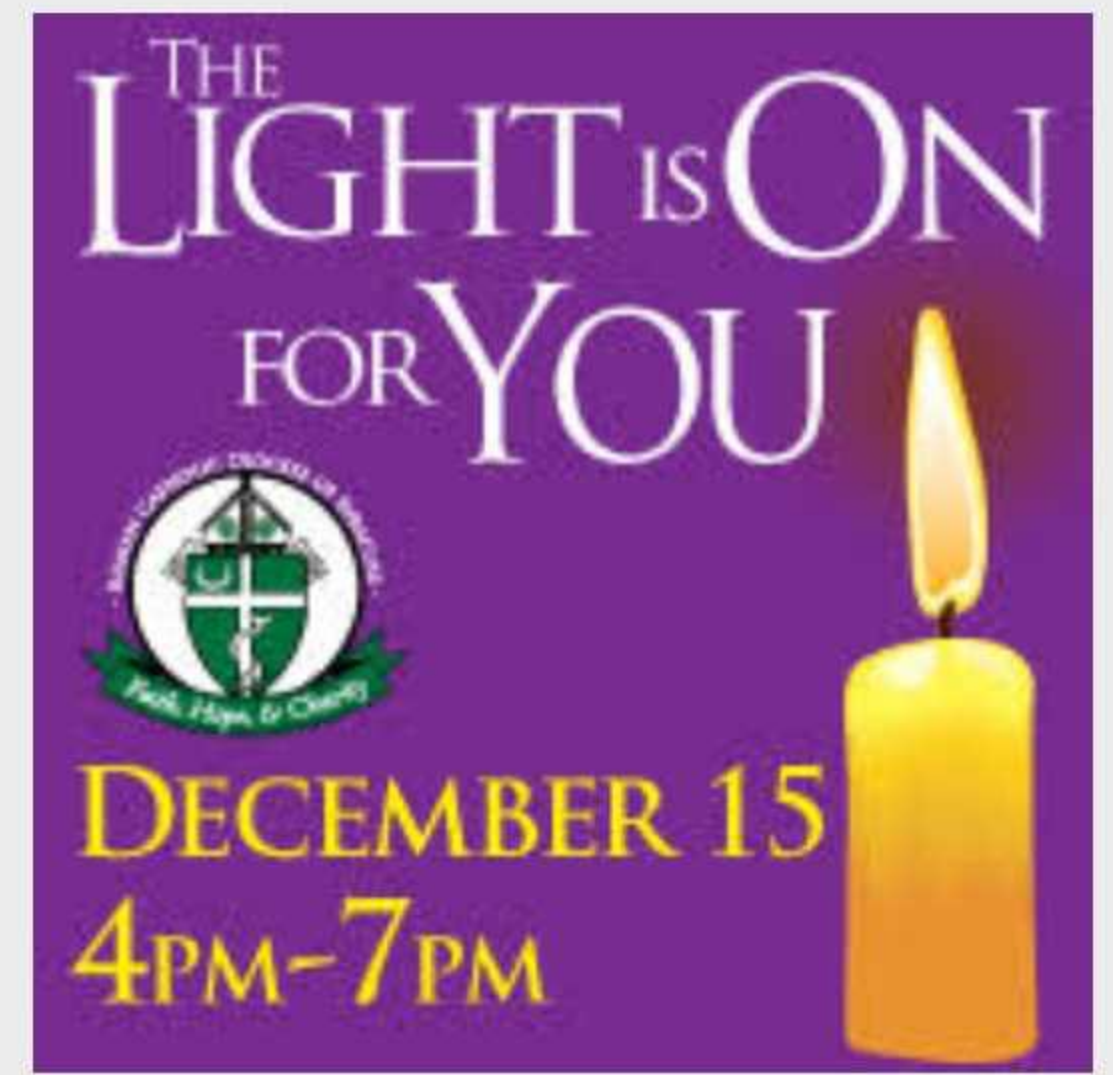


# HOW TO MAKE A GOOD CONFESSION



## find a church

Churches in the Syracuse Diocese will be open from 4-7 pm on December 15th.



## greet the priest

Make the sign of the cross. Say "Bless me father, for I have sinned. My last confession was..."



## confess your sins

Tell the priest about your sins. They will walk you through the process. If you're uneasy or need help - just ask.



## trust in God

Be honest. You don't have to hide anything! Remember that God wants to bless you with forgiveness.



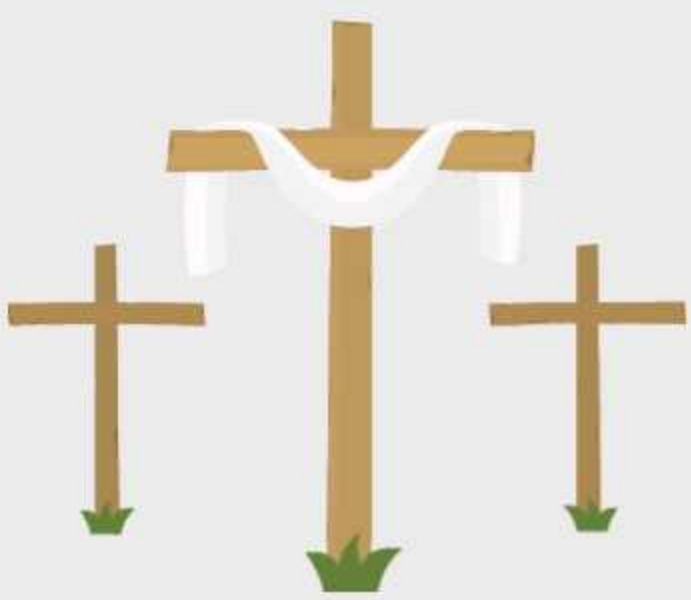
## say "I'm sorry"

Following your confession, say "I am sorry for these and all of my sins."



## accept your penance

The priest will offer a penance, which will help you renew your life with God and your resolve to be a better Catholic.



## Act of Contrition

Say an Act of Contrition to express sorrow for your sins.

## be absolved

The priest will absolve, or forgive, you of your sins.

## go in peace

That's it! You are forgiven and God rejoices.

