

Amen.

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 sin no more and to avoid the near occasions of sin.

## ACT OF CONTRITION

### GOING TO CONFESSION

1. Before you go to confession make an **examination of your conscience**. (Look inside this bi-fold)  
(Ask the Holy Spirit to help you; Think about the times you did not act as a loving child of God).
2. **Genuflect** before entering the pew in church; **Kneel** (at screen); or **Sit** (face to face).
3. The priest welcomes you. You say **“Hello, Father!”** Then, **make the Sign of the Cross** while you say:  
**“In the name of the Father and of the Son, and of the Holy Spirit.”**
4. Say **“Bless me father for I have sinned...  
This is my first confession and these are my sins..”**  
Next time, say **“It has been (amount of time- week, month) since my last confession and these are my sins.**  
Tell the priest what sins you have committed.  
**I fought with...(How often? because...) I disobeyed... (How often? because...)**
5. End by saying: **“I am sorry for these sins and any sins I may have forgotten.”**
6. **Listen** to what the priest tells you. The priest will give you a **penance**.  
He may say, **“Say 3 Hail Mary’s and 1 Our Father... “**
7. The priest will ask you to **say your Act of Contrition**. (See other side of this bi-fold.)
8. The priest will extend his hands over your head and give you absolution (forgiveness) for your sins. He will say: **I absolve you of your sins in the name of the Father, and the Son, and of the Holy Spirit.**  
You **make (NOT say) the Sign of the Cross at the same time, Do say the “Amen.”** like you mean it.
9. The priest may say **“Go in peace”**  
(If he says, **“Give thanks to the Lord, for He is good,”** You answer: **“God’s mercy endures forever.”**)
9. **Say: “Thank you Father.”** to the priest..
11. Go silently to the front of the church and kneel before the altar. Say your penance.  
**Thank God** for forgiving your sins and **ask God for His help** to lead a good life.  
You should go to confession as often as you can– even every month-if you really love God and want to get the grace to keep away from sin and live a holy life.