

## **A Method of Going to Confession**

(Begin with the Sign of the Cross)

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

Bless me Father for I have sinned.  
This is my first confession.

(Talk about your sins and your effort to change.)

That is all Father. For these and all the sins of my past life I am sincerely sorry.

(Listen to the priest. He will talk to you and tell you to say prayers or do a service for others or perform self-denial. We call this a Penance.)

Say the Act of Contrition.

### **The Act of Contrition**

**O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of heaven and pains of hell. But most of all because they offend Thee, my God, who are all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life.**

**Amen.**

(Priest gives absolution. When he gives the blessing, the penitent should make the Sign of the Cross.)

Respond:           Amen

Listen to the Priest.