

What I Must Do When I Receive The Sacrament of Reconciliation

1. Remember my sins.
2. Be truly sorry for my sins.
3. Decide to try to avoid sin and anything that leads me to sin.
4. Tell my sins to the priest.
5. Do the penance the priest gives me.

When I Go To Confession

1. I enter the confessional and greet Father.
2. I make the Sign of the Cross with Father. I say: **“Amen.”**
3. Father says: “May the Lord, who enlightens every heart, help you to know your sins and trust in his mercy.”
4. I say: **“Bless me Father for I have sinned. This is my first confession and these are my sins.”**
5. I tell Father my sins. I tell him how often I did something (many times, a few times, all the time, once in a while, hardly ever).
6. When I’ve told Father all the sins I can remember, I say: **“I am sorry for these and all the sins of my life.”**
7. Father gives me advice about how to avoid my sins, and then he gives me a penance.
8. I say the *Act of Contrition*: **“O my God, I am heartily sorry for having offended you, and I detest all of 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. Amen.”**
9. Father will pray for you: “God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church may God give you pardon, and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.” Father will make the Sign of the Cross over you as he says these last words.
10. I say: **“Amen.”**
11. Father says: “Give thanks to the Lord for he is good.”
12. I say: **“His mercy endures forever.”**
13. Father says: “The Lord has freed you from your sins. Go in peace to love and serve the Lord.”
14. I say: **“Thanks be to God.”**
15. Before I leave I say: **“Thank you, Father.”**
16. I leave the confessional, return to my pew and kneel down to do my Penance (prayers).