

## **What to do in the confessional:**

1. Relax. Reconciliation is a sacrament of healing, not judgment. If at anytime you are not sure what to do next, ask the priest. He is there to help you make this journey.
2. Sit down.
3. (Out loud) Make the sign of the cross.
4. *Bless me Father for I have sinned.*
5. *It has been \_\_\_\_\_ weeks/months/years since my last confession.*
6. Confess your sins and indicate the number of times.
7. Let the priest know you are finished.  
(For example, *"I am sorry for these sins and all the sins of my life."*)
8. The priest offers advice, if appropriate.
9. The priest assigns penance.
10. The priest will ask you to pray an Act of Contrition.  
(Either one in your own words or the one at the bottom of this page is acceptable.)
11. The priest says the prayer of Absolution. You make the sign of the cross.
12. If the priest closes by saying, "Give thanks to the Lord for he is good," answer: *For his mercy endures forever.*
13. The priest may also say, "Go in the peace of Christ."
14. Return to the chapel or church and perform your penance, if it is in the form of prayer.

### **Act of Contrition**

O my God, I am heartily sorry for having offended you.  
I detest all my sins because of your just punishment.  
But most of all because they offend you my God, who is all good and  
deserving of all of my love.  
I firmly resolve, with the help of your Grace, to sin no more and to avoid the  
near occasion of sin.

Amen