

Going to Confession

After my examination of conscience, I am ready to go to confession.

1. At the beginning of our confession, the priest welcomes me, and we pray the Sign of the Cross. He invites us to trust in God who loves me. We may read a passage from the Bible together.

2. I tell my sins to the priest (from the card I wrote with my sins). We must confess all our mortal sins. It is also good to confess our venial sins.

3. The priest helps and counsels me. Then he gives me a penance. This may be a prayer to pray or a good deed to do. We do our penance to show that we want to make up for what we have done wrong and that we are ready to change our way of acting.

4. The priest asks me to tell God I am sorry. I do this by praying the Act of Contrition:
“O 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 sin.”

5. I receive absolution from the priest. He absolves me from my sins in Jesus’ name. The priest is the only one who can give us absolution, the words of forgiveness and peace. He says “I absolve you of your sins in the name of the Father, and of the Son, and of the Holy Spirit.”

6. The priest says “God in peace,” and I answer “Amen.” I leave and do the penance the priest gave me as soon as possible.