

Going to Confession

Prepare for the Sacrament by thinking about your sins and, asking for God's help, make a firm commitment not to sin again. You might want include this prayer below.

Prayer Before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with You in eternal love. Amen.

Rite of Reconciliation

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

Penitent: Bless me, Father, for I have sinned. It has been (say how long) **since my last confession.**

Confess your sins to the priest.

So the priest knows you are finished, state: **I am sorry for these and all my sins.**

The priest gives you a penance and asks you to say the Act of Contrition.

Penitent: O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they have offended You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen.

The priest absolves you from your sins.

Thank the priest and do your penance as soon as possible.