

Meeting Jesus in the Sacrament of Reconciliation

1) Make the Sign of the Cross. Tell the priest how long since your last Confession (or that this is your first time). Listen to the prayer the priest says, asking God for help.

2) Tell the priest your sins,

3) Listen to what the priest says, and remember the penance he gives you.

4) Pray the Act of Contrition (see below).

5) When the priest gives you absolution, make the Sign of the Cross.

6) When the priest says, "Go in peace," say, "Thank you, Father," and leave.

7) Be sure to do the penance the priest gave you.

Act of Contrition

*My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against You
Whom I should love above all things.
I firmly intend, with Your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.*

*Our Savior, Jesus Christ, suffered and died for us.
In His Name, my God, have mercy on me.
Amen.*