

How to go to Confession

1. The priest welcomes you.
Make the Sign of the Cross and say:
“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”
2. Say: **“Bless me, Father, for I have sinned. It has been ____ since my last confession. These are my sins.”**
3. Tell every sin you can remember since your last confession. For serious sins, be sure to mention the number of times you have committed them.
4. Say: **“For these and all my sins, I am truly sorry.”**
5. The priest may give speak with you and will then give you your penance. Remember your penance.
6. The priest will ask you to say your *Act of Contrition*.

**O My God, I am heartily sorry
for having offended You.
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 confess my sins, to do penance, and to amend my life.
*Amen.***

7. The priest will then speak the words of absolution:

“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.” (CCC 1449)

While the priest says “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen,” make the Sign of the Cross.

The priest will dismiss you with these or similar words:
“The Lord has freed you from your sins, go in peace.”

8. You reply:
“Thank you, Father.”

You have now been forgiven of your sins and reconciled with God and the Church! Say a prayer of thanksgiving to God for his gift of forgiveness. Do your penance as soon as you can.

A Short Examination of Conscience

Have I remembered to say all my prayers every day?

Do I treat the name of God, the Blessed Virgin Mary, and all the saints with respect and reverence?

Did I miss Mass on purpose on Sunday or a Holy Day?

Did I laugh or talk in church, or disturb others in church?

Do I respect, obey, and honor my mother and father?

Do I help my parents by doing my chores well and on time?

Did I say nasty or mean things about other people?

Was I ever unkind?

Do I treat my body and other people's bodies with purity and respect?

Did I steal anything?

Did I lie or not admit to doing something?

Was I jealous of someone?

The Sacrament of Reconciliation



St. Francis de Sales
Purcellville, Virginia