

# 7 STEPS TO MAKE A GOOD CONFESSION

1. Before Confession, you should make an Examination of Conscience.

When it is your turn, enter the confessional or reconciliation room.

You may kneel behind the screen or sit in the chair if one is provided.

The priest will give you a blessing or a short greeting. He may read a brief Scripture passage.

2. Make the Sign of the Cross and say:

"Bless me, Father, for I have sinned. My last confession was State the number of weeks, months, or years since your last confession. If this is your first confession, say, "Bless me, Father, for I have sinned. This is my first confession."

3. Confess your sins.

You must confess all mortal sins that you have committed since your last confession. You are to say how many times, or how frequently, you have committed each sin. It is also recommended that you confess venial sins, although you do not have to state how many times you have committed them. If you are unsure of what to say or have questions, ask the priest for help. Answer any questions that he may have for you.

4. Receive your penance:

When you are finished say: "I am sorry for these and all of my sins." The priest will give you a penance and may offer some advice on how to avoid sin in the future.

5. Say the Act of Contrition.

You can use the Act of Contrition below or express sorrow for your sins using your own words.

**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.  
Amen.**

6. The priest will then give you absolution.

If he finishes by saying, "Give thanks to the Lord for he is good," answer, "For his mercy endures forever."

7. When the confession has ended:

Do your penance as soon as possible.