

## ***FORMAT FOR GOING TO CONFESSION***

1. When it is your turn, either go into the confessional and **make the Sign of the Cross** or **greet Father** as you sit next to him and begin saying:

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

Then talk to him about how you've tried and how you've failed to love. When you have finished, you say, **"Father, I am sorry and ask God's forgiveness."**

2. Father will probably talk to you and he will give you your penance. If it is a prayer, say it when you leave confession and if it is an action, do it as soon as you can. This is your way of saying you are serious about being sorry and trying not to fail in the same things again.

3. Father will tell you to say a prayer of contrition.

### **Prayer 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.**

4. Listen while Father says the words of absolution to you. They are God's words telling you that you are forgiven and He will help you to try harder in the future.

5. Then say, "Thank you, Father."

6. Kneel at the altar rail and say your penance.

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