

HOW TO

GO TO CONFESSION.

**HOW TO GO TO CONFESSION:**

* Examine your conscience - that is, reflect on what sins you have committed.
* When you meet the priest, begin by making the sign of the cross.
* You may say, “Bless me Father for I have sinned” if you wish.
* Tell the priest how long it is since your last confession - if you remember.  If you can’t remember, say that to the priest too.  Remember he is not there to judge you, but to bring the healing Sacrament of Reconciliation to you.
* List the sins you have committed - be honest and clear - there is no need to tell the whole story behind the sin either however.
* Penance - the priest will suggest something for you to do or say a
* s a response to God’s mercy.
* The priest will then ask you to pray the Act of Contrition (Act of Sorrow).
* The priest will then give you absolution, to which you respond “Amen”.
* The priest will then likely say something like “God has freed you from your sin. Go in Peace.” To which you can respond: **“Thanks be to God.”**
* Don’t forget to do your penance!

**CONFESSION PRAYERS**

**Prayer Before Confession**Dear Jesus, help me to make a good Confession, help me to find out my sins, help me to be sorry for them,help me to make up my mind not to sin again.  Have mercy on me, O Lord, and forgive me.  Mary, my mother, pray for me.

**Prayer before Confession**

O my God, help me to remember the times when I didn’t live as Jesus asked me to. Help me to be sorry and to try again.  Amen

**Act of Contrition**

O my God, I am very sorry for all my sins, because they offend you who are so good, and with your help I will not sin again.  Amen

**Act of Sorrow**

O my God, I thank You for loving me, I am sorry for all my sins; for not loving others and not loving You. Help me to live like Jesus and not sin again. Amen

**Confiteor**

I confess to almighty God, and to you, my brothers and sisters that I have greatly sinned in my thoughts and in my words, in what I have done, and in what I have failed to do, through my fault, through my fault, through my most grievous fault;  therefore I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.

**Prayer After Confession**Dear Jesus, thank you for helping me to make a good Confession, and thank you for taking away my sins. Help me, dear Jesus, never to offend you again. Mary, my mother, pray to Jesus for me.  My dear Angel Guardian help me.

**Prayer after Confession**

O my God, thank you for forgiving me. Help me to love others. Help me to live as Jesus asked me to.