

HOW TO GO TO CONFESSION

In Three Easy Steps

1. BEFORE CONFESSION

Make the Sign of the Cross

In the Name of the Father, + and of the Son, and of the Holy Spirit. Amen.

Ask the Holy Spirit to help you to make a good confession:

Come, Holy Spirit, fill the hearts of your faithful,
and enkindle in them the fire of your love.

V/. Send forth your Spirit and they shall be created

R/. And you shall renew the face of the earth.

Ask God for the grace to examine your conscience well:

O my God, help me to see and know the condition of my soul honestly and humbly,
and to make a sincere and truthful confession. Teach me true sorrow for my sins.
Then in your mercy, grant me your forgiveness, your grace and your love, through
Christ our Lord. Amen.

Examination of Conscience - ask yourself slowly and reflectively some of the questions overleaf.

Then, try to be truly sorry for your sins:

O my God, because you are so good,
I am very sorry that I have sinned against you,
but by the help of your grace, I will not sin again.

2. IN CONFESSION

Go into the Confessional and either sit or kneel. Speak clearly and begin as follows:

In the Name of the Father, + and of the Son, and of the Holy Spirit. Amen.

Bless me father, for I have sinned.

It is (..... weeks, months, years etc.) since my last confession
and these are my sins:

List your sins, especially the mortal ones, and at the end, add:

For these sins and any others I cannot now remember,
I humbly ask God's forgiveness, and penance and absolution from you, father.

Listen to the advice (if any) the priest gives. He will give you a penance to perform (usually a prayer or a work of charity or self-denial). He will then ask you to make a good Act of Contrition:

O my God, because you are so good,
I am very sorry that I have sinned against you,
but by the help of your grace, I will not sin again.

He will give you Absolution. Afterwards, depart the confessional, leaving the door open for the next person.

3. AFTER CONFESSION

Say the penance the priest has given you (if prayers) or resolve when to perform the penance.

Then, thank God for his goodness:

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be, world without end. Amen.

Say a prayer for the priest: e.g.

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now, and at the hour of our death. Amen.

Resolve to try harder in the future to love God and to love your neighbour, saying:

O my God, because you are so good,
I love you with my whole heart
and for your sake, I love my neighbor as myself.

Finish with a visit to the statue of Our Lady to ask her help and prayers.