

How to Go to Confession:

1. Enter the room and sit in front of the priest or kneel behind the screen.
2. After Father welcomes you, pray the Sign of the Cross
3. Say, "Forgive me Father, for I have sinned. It has been (tell him how long) since my last confession." or "This is my first confession."
4. Tell Father all of your sins, if you can't remember all of them do your best and let him know if you are nervous or can't remember. He will help you.
5. After you finish confessing your sins, Father will give you a penance, usually a prayer or an act of kindness to do.
6. When Father asks, say the Act of Contrition prayer and then he will pray the prayer of Absolution over you. Tell Father "Thank you."
7. Leave the room and pray your penance prayer or do your act of kindness as soon as possible. Don't Forget!

An Act of Contrition (pray this or another one you choose, there are several):

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.
Amen.

Tip: If it is your first Confession, or you have not been in a while and cannot remember all the steps, you may find it helpful to sit facing the priest. This way, he can help you more easily through the Rite. Feel free to bring this paper in with you to follow the steps.