

## **Sacrament of Penance Helpful Guide**

*Before entering the confessional, take the time to make a good EXAMINATION OF CONSCIENCE (see below) to determine all sins which need to be reconciled with God and the Church.*

**AFTER the SIGN of the CROSS:**

***“Bless me, Father, for I have sinned.***

***It has been -(state the length of time)- since my last confession. These are my sins...”***

*Now, mention the sins you are to confess. Mortal sins must be confessed in sacramental Confession to be forgiven. Venial sins may be confessed in general terms.*

***“I am sorry for these and all of my sins.”***

*The priest may say a few words, then assigns your penance.*

*Then you pray the Act of Contrition:*

**ACT of CONTRITION**

***“O my God, I am heartily sorry  
for having offended You, and I detest my sins  
because of your just punishments,  
but most of all because they offend You, my God,  
who are all good and deserving of all my love.  
I firmly resolve, with the help of Your grace,  
to confess my sins, to do penance,  
and to amend my life. Amen.”***

**ABSOLUTION**

*The priest prays the words of absolution.*

*Following individual Confession, complete the penance required.*