

# How to go to Reconciliation/Confession – Step by Step

1. Make an Examination of Conscience before you see the priest. Ask yourself, what have I done that is wrong in the eyes of God? When did I not follow the Ten Commandments? When finished, then go to the Sacrament of Reconciliation/Confession.
2. Make the sign of the cross.
3. Say: "Bless me Father for I have sinned. These are my sins ..."
4. Say your sins.
5. Conclude by saying: For these and all my sins, I am sorry."
6. The priest may offer some advice and will assign you your penance.
7. The priest may then ask you to pray the Act of Contrition. Any version you may know.

## **Act 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. Amen.

8. The priest will then grant you Absolution: (In these or similar words.)  
God, the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, In the name of the Father, and of the Son, and of the Holy Spirit.
9. Respond: "Amen."
10. Priest: "Go in peace."
11. Respond: "Thank you Father."
12. After Confession go to a quiet place, pray or perform your penance.

Hurray!!! God forgives us our sins when we are sorry and seek His mercy and forgiveness. Now you are sin free like an angel, until the next time you choose to do wrong instead of good. The awesome thing is that you can always come back to the Sacrament of Reconciliation to be reconciled with God our Creator.