

Sacrament OF Reconciliation

After you have examined your conscience, go to the priest.

Make the Sign of the Cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Then say, **Bless me, Father, for I have sinned. It has been _____ since my last confession.**

Proceed to list your mortal sins first, followed by venial ones. Mention the number or frequency of each sin committed.

If you do not know whether a sin is mortal or venial, ask the priest.

Listen to the priest for whatever counsel he may judge appropriate. If you have any questions about the faith, how to grow in holiness, or whether something is a sin, feel free to ask him. Then the priest will assign you a penance.

Pray the Act of Contrition when the priest tells you.

Oh my God, I am very sorry that I have sinned against you. Because you are so good, and with your help and grace, I will not sin again. Amen

Listen as the priest absolves you of your sins and enjoy the fact that God has truly freed you from all your sins. Responding to the priest's absolution, you say **Amen**.

The priest may conclude with a dismissal, and you may respond with something appropriate, such as **Thanks be to God**.

Do the penance the priest assigns you.

If you forget to confess a mortal sin, you are still forgiven, but must mention it the next time you go to confession.

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**CONFESSION IS AN ACT OF
HONESTY AND COURAGE - AN
ACT OF ENTRUSTING OURSELVES,
BEYOND SIN, TO THE MERCY OF
A LOVING AND FORGIVING GOD.**

*St John Paul II
September 14, 1987 Homily*