

A Guide for Reconciliation: After examining your conscience and telling God of your sorrow, go into the confessional. You may kneel at the screen or sit to talk face-to-face with the priest.

Begin your confession with the sign of the cross, “In the name of the Father, and of the Son, and of the Holy Spirit. My last confession was _____ weeks/months/years ago.”

Say the sins that you remember. Start with the one(s) that is most difficult to say. *In order to make a good confession the faithful must confess all mortal sins, according to kind and number.*

After confessing all the sins you remember since your last good confession, you may conclude by saying, “I am sorry for these and all the sins of my past life.”

Listen to the words of the priest. He may assign you some penance. Doing penance will diminish the temporal punishment due to sins already forgiven. Say the Act of Contrition:

O my God, I am heartily sorry for having offended you, and I detest all 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 sin no more and to avoid the near occasion of sin.

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest.

After you listen to the words of forgiveness you may make the sign of the cross with the priest. If he closes by saying, “Give thanks to the Lord for He is good,” answer, “For His mercy endures forever.” Resolve to return to the Sacrament of Reconciliation often – it is a powerful help to get rid of our weaknesses, grow in holiness, and lead a balanced and virtuous life.