

Confession Practice:

1. Begin by making the sign of the Cross and saying, "Bless me Father, for I have sinned."
2. Continue by stating the time of your last confession (weeks, months, years).
3. State your sins- all mortal sins must be confessed and any known venial sins. Don't be afraid, but embrace God's mercy and forgiveness.
4. Finish your confession with, "I am sorry for these and all the sins of my past life."
5. Listen for the penance assigned by the priest.
6. Say the Act of Contrition
7. The Priest then absolves you of your sins and you depart.
8. Go back to your pew to say your penance.

Act of Contrition

O my God, I am heartily sorry for having offended Thee.
And I detest all my sins, because of thy just punishments.
But most of all, because they offend thee, my God,
who are all-good and deserving of all my love.
I firmly resolve, with the help of Thy grace
to sin no more and to avoid the near occasions of sin.
Amen