

How to Go to Confession

Prepare to go to confession by thinking about your sins and make a firm commitment, asking God's help, not to sin again.

Prayer Before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with yours in eternal love. Amen.

Rite of Reconciliation

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

Penitent: Bless me, Father, for I have sinned. It has been (how long?) since my last confession, and these are my sins: (confess your sins).

Priest: (gives you a penance)

Penitent: (Pray the 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 plan, 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.

Priest: (gives you absolution)

Priest: Give thanks to the Lord for He is good.

Penitent: For His mercy endures forever.

Penitent: (recite or do your penance as soon as possible).