

## **Guide to Confession!**

*In the life of the body a man is sometimes sick, and unless he takes medicine, he will die. Even so in the spiritual life a man is sick on account of sin. For that reason, he needs medicine so that he may be restored to health; and this grace is bestowed in the Sacrament of Reconciliation.*

*-St. Thomas Aquinas*

1. Enter the Reconciliation Room. Say “good afternoon” to Father. Then, **make the Sign of The Cross.**
2. **Listen** while Father prays, asking God to help you make a good confession.
3. Make your confession. Begin by saying: (*you should memorize this*)  
**“Bless me Father, for I have sinned. It has been (amount of time) since my last confession, these are my sins...”** (Tell Father your sins. It is ok if you are nervous. Father is not there to lecture or scold you; he is there to show God’s mercy. The more often you go to confession, the easier it gets!)
4. When you are finished telling Father your sins, you say,  
**“I am sorry for my sins and will try not to sin again.”**
5. **Listen** to Father as he tells you how to be a better person. Father will tell you how to make up for your sins, this is your **penance.**
6. **Say an Act of Contrition:** (*This must be memorized*)  
**Dear God, I am sorry for my sins. I am sorry for the wrong things I have done. I am sorry for the good things I have failed to do. I will try to do better. Help me to always show your love. Amen.**
7. Father will say the prayer of forgiveness, **the absolution.** Listen to the absolution, through the priest, it is the merciful words of our Lord to us! Father will raise his hand while he says this prayer, he is NOT looking for a high-five! When father says the prayer Sign of the Cross, you **make the Sign of the Cross** and say **AMEN.**
8. Father will then say something like “Go in peace” or “God be with you.” **Say,** “Thank you, Father” and **leave** the Reconciliation Room.
9. If you are given prayers as a penance, immediately say them after leaving the Reconciliation Room. If you are given something to do as your penance, you are to do it as soon as you can.