

## A Guide for Going to Confession

**Penitent:** Bless me Father, for I have sinned.

**Priest:** May the Lord be on your lips and in your heart that you may properly confess all your sins, in the name of the Father, and of the Son, and of the Holy Spirit.

**Penitent:** It has been (*amount of time*) since my last confession.  
*Confess your sins.*

**Priest:** (May give direction and instructions on penance, may ask to hear an act of Contrition or ask you to say it after you leave Confession.)

**Penitent:** *An Act of Contrition:* Oh, my God, I am heartily sorry for having offended you. I detest all of my sins because of your just punishment. But most of all because I have offended 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. Amen.

**Priest:** Prayer of Absolution: God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace. And I absolve you of your sins, in the name of the Father, and of the Son and of the Holy Spirit.

**Penitent:** Amen.

### *Optional Closings*

**Priest:** (Sometimes adds) Give thanks to the Lord for He is Good.

**Penitent:** For His Mercy endures forever.

**Priest:** (Sometimes adds) Go in peace.

**Penitent:** Thanks be to God.