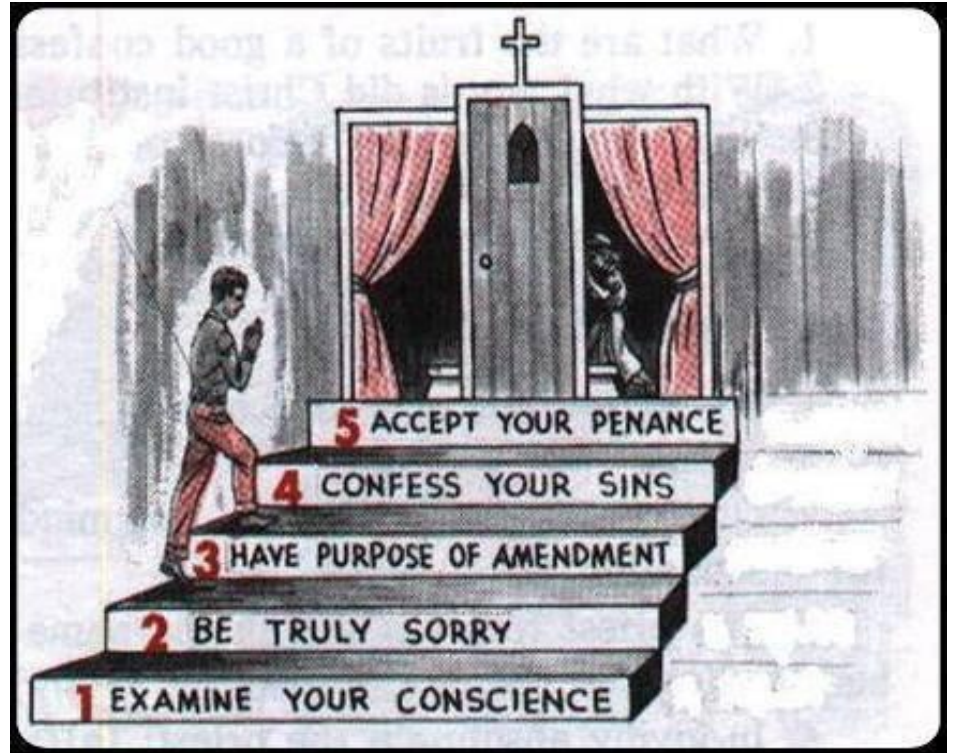


# BEFORE I GO TO CHURCH AND TAKE THE STEPS TO CONFESS



Why carry your sins when God wants to take them away?



I KNEEL IN FRONT OF GOD.

I TELL HIM:

JESUS, I AM TRULY SORRY  
FOR WHAT I HAVE DONE OR  
FOR WHAT I FAILED TO DO.



# STEPS IN CELEBRATING THE SACRAMENT OF RECONCILIATION

Before entering the confessional:

Examine my conscience



gain



# AFTER ENTERING THE CONFESSIONAL

Either kneel in the confessional or sit by the priest if is possible.



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# MAKE THE SIGN OF THE CROSS WITH THE PRIEST.

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





I TELL THE PRIEST  
HOW LONG IT  
HAS BEEN SINCE I  
LAST WENT TO  
CONFESSION.

I say: Bless me  
Father for I have  
sinned. It has been  
\_\_\_\_\_ since my last  
confession.

(1<sup>st</sup> time only- THIS  
IS MY FIRST  
Confession)



I TELL MY  
SINS TO THE  
PRIEST AND  
HE LISTENS  
TO ME.

When I am  
finished telling my  
sins, I say:

I am sorry for  
these and for all  
my sins.



I LISTEN TO WHAT  
THE PRIEST TELLS ME  
ABOUT BEING BETTER  
AND MAKING GOOD  
CHOICES IN MY LIFE.

The priest will give  
me a *Penance* to say  
or do, when I leave,  
which will help me  
show that I am sorry.

This could be a  
prayer or an action.





THE  
PRIEST  
WILL ASK  
ME TO SAY  
A PRAYER  
OUT LOUD  
TO SHOW  
THAT I AM  
SORRY.

## 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.  
Amen.

# THE PRIEST NOW GIVES YOU GOD'S FORGIVENESS.

We call it **ABSOLUTION**.

"God, the Father of mercies, through the death and the 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 from your sins in the name of the Father, the Son, and the Holy Spirit."



DURING THE

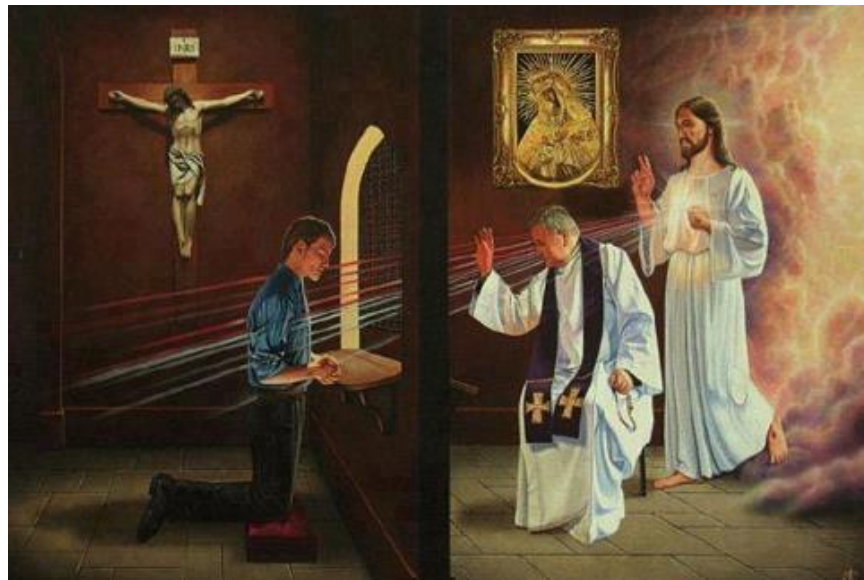
## ABSOLUTION

I MAKE THE SIGN OF  
THE CROSS AS THE  
PRIEST BLESSES ME.

The priest says:

I absolve you from your  
sins in the name of the  
Father, and of the Son,  
and of the Holy Spirit.

I answer: **Amen.**



BEFORE LEAVING THE  
CONFESSIONAL, THE  
PRIEST AND I WILL  
THANK AND PRAISE  
GOD FOR HIS LOVE.

The priest says:

Give thanks to the Lord for  
He is good.

I say: **HIS** mercy endures  
**forever**

The priest says:

The Lord has freed you from  
your sins.

Go in peace.

I say: **Thank you, Father.**



# AFTER LEAVING THE CONFESSIONAL

I kneel and thank  
God for forgiving  
me.

I either say or do  
the Penance the  
Priest has given  
me.





REMEMBER!  
AFTER CONFESSION I AM JOYFUL AND  
THANKFUL FOR GOD'S GRACE AND  
FORGIVENESS!

