

## FORM FOR CONFESSION

Priest: “In the Name of the Father, and of the Son, and of the Holy Spirit.”  
(When Father says this, you make the Sign of the Cross) +

**Penitent:** “Amen.”

**“Forgive me Father, for I have sinned. It has been \_\_\_\_\_ since my last Confession. These are my sins...”**

(After you tell the last sin, then say:)

**“I am sorry for these and all the sins of my past.”**

Priest: For your penance say... (Father will tell you to say a prayer or a few prayers, or he might tell you to do a kind act to make up for your sins and to show that you are truly sorry. Listen carefully to what Father says.)

**Penitent:** (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 intend, 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: (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 from your sins, in the Name of the Father, and of the Son, and of the Holy Spirit.”  
(When Father says this, you make the Sign of the Cross) +

**Penitent:** “Amen.”

Priest: “The Lord has freed you from your sins. Go in peace.”

**Penitent:** “Thanks be to God.”

You return to your place after confession and kneel down to say the prayer Father told you to say for your penance. If he asked you to do some kind act, be sure to do it the first chance you have.