

What do I say?

## Confession



Pope Francis

**God celebrates!**

**God embraces us,**

**Every time we confess,**

**Be courageous and go to Confession!**

**"Do not be afraid of Confession!**

Preparing to make a good confession means that we look into our hearts to identify the sins that have caused us to turn our back on God.

Make the Sign of the Cross.... "In the name of the Father, and of the Son, and of the Holy Spirit, Amen. Bless me Father for I have sinned. It is ..... Weeks/months) since my last confession." (if you cannot remember, just tell the priest that it has been a long time).

When you **confess** your sins, start with the ones that are the most difficult to say.



Listen to any advice the priest may give you.

The priest will give you a short penance to do (If you can, do this right after Confession)

He will ask you to make an **act of contrition** to show that you are truly **sorry** for your sins.

### Act of Contrition

O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again.

The priest will then say the prayer of **absolution**.

After confession, spend some time in prayer to thank God for forgiving your sins and for a new beginning in renewing your relationship with him. Ask God for the courage and strength to love him with all your heart, soul and mind and try not to commit the same sins again.