

How to Make a Good Confession

1. Sign of the Cross (In the name of the Father, and the Son, and the Holy Spirit).
2. "Bless me Father for I have sinned. It has been (number of months, years, etc.) since my last Confession."
3. Confess you sins.
4. "I am sorry for these and all my sins."
5. Listen to what Father has to say.
6. Receive your penance.
7. Pray the **Act of Contrition**.

O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of Heaven and the pains of hell. 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 confess my sins, to do penance and to amend my life. Amen.

8. Receive Absolution. Make the Sign of the Cross (when Father makes the Sign of the Cross).
9. "Thank you Father!"
10. Do your penance.