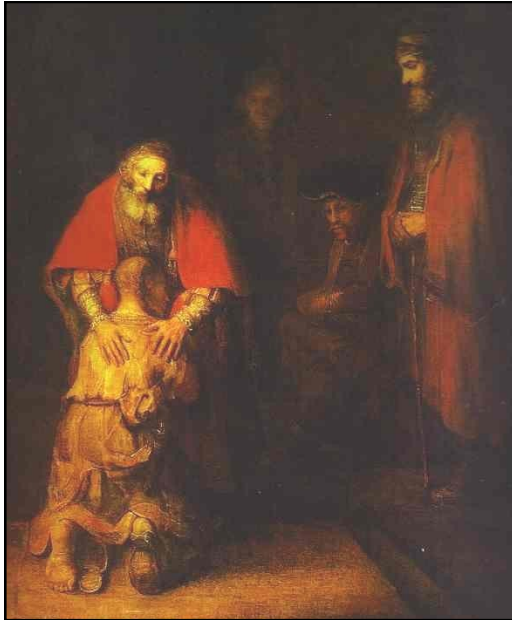


# Steps in Going to Confession



The Return of the Prodigal Son

*“Receive the Holy Spirit.  
For those who sins you forgive,  
they are forgiven;  
for those whose sins you retain,  
they are retained.”*

# Confession

A good Confession involves

- Contrition: being sorry for what you have done wrong together with a true intention not to commit the sin again
  - Confession of those sins to a priest
  - Penance
  - Absolution by the priest
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## To Begin

Think about what sins you wish to confess.

Jesus said:-

“You must love the Lord your God with all your heart and with all your soul.....

You must love your neighbour as yourself”

(Matthew 22: 36-39)

One way to consider how you may have sinned is to think about how you may have acted against these instructions.

Think about:

- What happened?
- What were you motives?
- What emotions were involved - pride, anger?
- How might your actions affect others?
- How does it relate to the teachings of the Church?
- How else could you have acted?
- Are you sorry for what happened?
- Are you resolved not to undertake the action again?

You may wish to think about the teachings in the 10 Commandments and the Beatitudes.

In the Confessional

Make the Sign of the Cross:

*In the name of the Father and of the Son and of the Holy*

Start your Confession by telling the priest how long it is since your last Confession

*Bless me father for I have sinned. It is .....*

Explain to the priest what you have done wrong:

*I have.....*

Remember God's love is always there for us if we repent, admit our wrongdoing and acknowledge the need for forgiveness.

Listen to the advice of the priest. The priest will propose an Act of Penance. The priest will invite you to make an Act of Contrition. One Act of Contrition is:

*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*

The priest will say the words of absolution.

Make the sign of the cross as the priest says: "I absolve you from your sins, in the name of the Father and of the Son and of the Holy Spirit. Amen



## **The Our Father**

Our Father, who are in Heaven. Hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## **The Hail Mary**

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

## **The Glory Be**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be world without end. Amen.

## **Psalm 129**

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

if you, O Lord, should mark our guilt,  
Lord who would survive?  
but with you is found forgiveness:  
for this we revere you.

My soul is waiting on the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchmen for daybreak. (Let the watchmen count on daybreak and Israel on the Lord.)

Because with the Lord there is mercy  
and fullness of redemption  
Israel indeed he will redeem from all its iniquity.