

## CONFESSION

(Before confession the penitent should ask God to help him turn away from sin and make a good confession. They should also make a thorough examination of conscience – see article entitled: '**examination of conscience**').

**PRIEST AND PENITENT** says: In the name of the Father and of the Son and of the Holy Spirit  
Amen

**PRIEST** With a verse of Scripture the priest welcomes the Penitent and then reads another short passage from Scripture emphasising the mercy of God.

**PENITENT:** says "Bless me, Father - these are my sins. If the penitent is unknown to the priest it is proper for him to indicate his state in life and how long it's been since his last confession or if it is his first confession or any other relevant information.

**Penitent:** The Penitent then tells his/her sins. They should tell **all** their remembered sins, firstly the more serious ones and, if they can recall, the **number of**

**times** they've committed them. You must tell the priest the specific sins you committed and not confess generically. Deliberately concealing a 'big' sin is tantamount to making a 'bad confession' and in their next confession the penitent must mention to the priest about the 'bad' confession they had made. The penitent can take as long as they wish going through their sins. There is no rush.

**THE PRIEST** gives the penitent a penance which may be preceded by spiritual advice.

**THE PENITENT** then says one of the following prayers of Sorrow otherwise known as an 'Act of Contrition'.

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

**OR**

*Lord, Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love holiness and truth.*

**THE PRIEST** then says the prayer of Absolution after which he dismisses the Penitent, as at Mass with these or similar words:

*The lord has freed you from sin. May he bring you safely to his kingdom in heaven? Glory to him for ever. R: Amen*

Or

*Go in peace, and proclaim to the world the wonderful works of God, who has brought you salvation.*