

# Confession 101

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

*-John 1:9*

**The Sacrament of Reconciliation**, or Confession, is a sacrament instituted by Christ (*John 20:21-23*) that heals our relationship with God and others. By confessing our sins to a priest (in persona Christi), we receive God's mercy and forgiveness.

## Examination of Conscience

Reflect quietly on your life, considering your actions, words, thoughts, and omissions in light of God's commandments and Church teachings to recognize areas needing repentance.

## Enter and Begin:

- Kneel or sit and make the Sign of the Cross.
- Say: "Bless me, Father, for I have sinned. It has been [# of days/weeks] since my last confession."

## Confess Your Sins:

- Humbly and honestly confess your sins. Mention mortal sins (serious sins done with full knowledge and deliberate consent) first, including the kind and frequency.
- Include venial sins and struggles you're facing.

## Receive Advice and Penance:

- Listen carefully as the priest offers spiritual guidance to help you overcome sin.
- The priest assigns a penance - prayers, charitable actions, or meditations to help heal the effects of your sins.

## 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.

## Receive Absolution:

- The priest will pray the Prayer of Absolution: "God, the Father of mercies...I absolve you from your sins, in the name of the Father, Son, and Holy Spirit."
- Respond: "Amen."

## Dismissal:

- The priest typically concludes with: "Go in peace."
- Respond: "Thanks be to God."
- Leave and perform your penance promptly
- Thank God for His mercy