

Guide to Receiving the Sacrament of Penance or Reconciliation

Remember that you are confessing your sins to the priest and to Jesus.

STEP 1: Examine your conscience. An examination of Conscience is also available on the St. MHOC website, and there are other guides in the back of the church.

STEP 2: Enter the confessional. Make a sign of the cross and say:

- **In the name of the Father, and of the Son, and of the Holy Spirit. Amen**
- **Bless me, Father, for I have sinned. This is my First Confession.**
[Or: **it has been (*time*) since my last confession.**]
- **Confess your sins.** Tell the priest every sin you can remember since your last confession. You don't need to explain anything – just tell the priest what you have done and what you have failed to do, and how often.
- The priest may give you some guidance, give you a penance to do after you leave, then will ask you to pray aloud the Act of Contrition.
- Pray aloud the Act of Contrition: **O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.**
- The priest will extend his hands to pray and absolve you of your sins
- You say **Thank you Father,**

STEP 3: Kneel to do your penance.