

## Formula for Confession

1. I make the Sign of the Cross.
2. I say, "Bless me, Father, for I have sinned, it has been ....since my last confession.
3. I tell Father my sins.
4. I say, "Father, I am sorry for these sins and the sins of my past life."
5. Listen to Father as he tells me how to be a better person.
6. Father gives me my Penance.
7. I say the Act of Contrition.
8. Father says the words of absolution.
9. Father says, "Go in Peace" or "God bless you".
10. I say, "Thank you, Father".

### 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.