

## HOW TO MAKE A GOOD CONFESSION

**“Bless me father for I have sinned.** *(Bless yourself as you say these words)*  
**“This is my first confession.”** *(To be said the first confession only)*

*Each time you go thereafter you will say:*

**“My last confession was ...”** *(how many weeks, months or years ago)*

**Confess all of your sins to the priest.**

*The priest will help you make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, a merciful Father who wants to forgive you..*

*(Then you say: “I am sorry for these and all the sins of my past life.”*

*The priest will assign you a penance and offer advice to help you be a better Christian. (You will do your penance after you leave the priest.*

*You will now say out loud an “Act of Contrition,” expressing your sorrow for your sins.*

**Use the version you learned for your First Confession**

**“Act of Contrition” (Style 1)**

**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. Amen**

**“Act of Contrition” (Style 2)**

**O my God, I am heartily sorry for having offended You  
and I detest all my sins, because I dread the loss of heaven and  
the pains of hell, but most of all because they offend You, my  
God, who is good and deserving of all my love. I firmly resolve  
with the help of Your grace, to confess my sins, to do  
penance and to amend my life. Amen.**

*The priest acting in the person of Christ will then absolve you from your sins.*

*Say “thank you” to the priest.*

*Kneel or sit in church and say your penance and think about what transpired during your confession.*