

# Making a Good Confession

## Five Steps for a Good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins to a priest.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.

## Procedure in the Confessional

You say: *“Bless me, Father, for I have sinned. It has been (state the length of time since your last confession) since my last confession. These are my sins.”*

Confess your mortal sins and the number of times committed.

Confess the venial sins you have committed since your last confession.

After you have finished telling your sins, you should say:

*“For these and all the sins of my past, I am truly sorry.”*

The priest will now give the necessary advice, assign your penance, and ask you to say the *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.

Wait and listen as the priest gives the absolution.

You say, *“Thank you, Father,”* then leave the confessional and perform the penance assigned by the priest.