



How to Go to Confession (Step-by-Step)

Take a few quiet minutes to prepare. Be honest, be simple, and trust in God's mercy.

1. Enter the confessional

Kneel behind a screen or sit face-to-face.

2. Begin with the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Then say:

“Bless me, Father, for I have sinned.

It has been ___ since my last confession.”

3. Confess your sins

Say your sins clearly and simply.

You do not need to explain details.

Try to be honest and specific.

4. Finish your confession

Say: “For these and all my sins, I am sorry.”

5. Listen to the priest

He may offer advice and give you a penance.

6. Pray 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. Amen

7. Receive absolution

The priest will extend his hand and pray the
prayer of absolution.

When he finishes, respond: **Amen.**

8. Make the Sign of the Cross

In the name of the Father, and of the Son, and of
the Holy Spirit. Amen.

9. Do your penance

Complete it as soon as possible.

You do NOT need to explain every detail. Confess your sins honestly and clearly.

Turn page for Examination of Conscience →

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Examination of Conscience (Simple Checklist)

Take a few minutes to reflect honestly before going to Confession.

Love of God

- Missed Mass on Sundays or Holy Days without a serious reason
- Used God's name in vain
- Neglected prayer or my relationship with God
- Doubted or rejected my faith

Love of Others

- Lied, gossiped, or spoke badly about others
- Held anger, resentment, or refused to forgive
- Disrespected spouse, parents, or authority
- Hurt someone by my words or actions

Personal Integrity

- Been dishonest or cheated
- Taken something that was not mine
- Failed to do what I know is right
- Been lazy in my responsibilities

Purity & Self-Control

- Viewed inappropriate content
- Engaged in impure thoughts or actions
- Misused alcohol or substances
- Failed to control habits or desires

Final Reflection

- Am I truly sorry for my sins?
- Do I intend to try to change?
- Do I trust in God's mercy?

Be honest. Be simple. Trust in God's mercy.

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