5 Steps to Celebrating the Sacrament of Penance

❶ I examine my conscience..... I think about the choices I have made.

❷ I confess my sins..... I tell the priest about my bad choices.

❸ I say the Act of Contrition.... I say I'm sorry to God.

❹ I receive absolution..... I hear the priest say I'm forgiven.

❺ I do penance..... I make up for my bad choices.

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 Saviour Jesus Christ
suffered and died for us.
In his name, my God, have mercy.
Amen.

Prayer Before Confession

Dear Jesus,
help me to make a good Confession,
Help me to find out my sins,
Help me to be sorry for them,
Help me to make up my mind
not to sin again.
have mercy on me, O Lord,
and forgive me.
Mary, my mother, pray for me.

Prayer After Confession

Dear Jesus,
thank you for helping me
to make a good Confession,
and thank you for taking away my sins.
Help me, dear Jesus,
never to offend you again.
Mary, my mother, pray to Jesus for me.
My dear Angel Guardian, help me.