

## Form for Confession

Priest begins: In the name of the Father, and of the Son, and of the Holy Spirit.  
*(Make the Sign of the Cross.)*

**You:** **Amen.**

**You:** Bless me Father, for I have sinned. It has been \_\_\_\_\_ since my last confession. These are my sins.....  
*(Tell and talk about your sins)*  
When you are finished say: **I am sorry for these and all my sins.**

Priest: For your penance.....

**You:** Say the Act of Contrition (unless it is said as a group before individual Confessions)

Priest: “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. *(Make the Sign of the Cross.)*

**You:** **Amen.**

Priest: Go in peace.

**You:** **Thank you, Father.**

### Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

Amen.