

How to Make a Good Confession (in 8 Simple Steps)

1. Start with the Sign of the Cross: **“In the name of the Father, and of the Son, and of the Holy Spirit, amen.”**
2. **“Bless me Father for I have sinned.”**
3. **“This is my first confession.”** (The priest will say some kind words, followed by, “please proceed with your confession.”)
4. **“My sins are...”** or, **“Since my last confession, I have committed the following sins...”** (Read/say your sins audibly. It is always preferred that you write down your sins). Confess **mortal sins** first, stating their frequency to the best of your ability. Omit nothing but do not exaggerate anything, either. You may end the naming of your sins with the words, **“Father, please ask God to forgive the sins that I may have forgotten to confess today.”**
5. Listen and remember the **“Penance”** your confessor gives you (i.e., pray three Our Fathers slowly, tell your mom you accidentally broke the vase, etc.).
6. **Pray/Read the Act of Contrition** when prompted by the priest (He will say something like, “please pray your Act of Contrition so that I can give you your absolution.”).
7. If you’ve made a good confession and demonstrated true sorrow for your sins, the priest will give you “Absolution.” Afterwards, say, **“Thank you, Father.”**
8. End with the Sign of the Cross: **In the name of the Father, and of the Son, and of the Holy Spirit, amen.**

Remember: The priest is acting in the person of Jesus, meaning it is Christ Himself forgiving your sins when you go to Him in confession! He is the Divine Physician, and if we want to be healed, we need to tell Him what ails us a.k.a. “our sins,” just as we would when we go to see our own earthly doctors, who can only prescribe the right medication/treatment when he understands the symptoms of his patient.

