
ONCE YOU ENTER THE CONFESSIONAL

First make a sign of the cross (either initiated by you, the penitent, or the priest).

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

The priest invites you to trust in God with a blessing.

You will respond after the blessing by saying
Amen.

Then you state your sins.

After you state your sins, the priest gives you your penance. You need to remember the penance.

The priest will then invite you to express sorrow for your sins by praying your act of contrition.

After you pray your act of contrition, turn to page 10.



Once you pray an act of contrition, bow your head as the priest extends his arm out towards you to absolve your sins.

In order for it to be a valid sacrament, the priest must say the words, "I absolve you."

After he ends his absolution, answer:

Amen.

After receiving absolution, the priest will say "Give thanks to the Lord for he is good."

You respond with

For his mercy endures for ever.

The priest dismisses you with the words, "The Lord has forgiven your sins. Go in peace." You may leave the confessional and go into the church to do your penance.

