

Guide for Making a Confession at a Reconciliation Service

1. Make the **Sign of the Cross**.
2. You can say, “**Bless me Father for I have sinned. My last confession was _____.**” *(It’s okay to estimate...just be honest...even if it has been a long while; this helps the priest assist you in making a meaningful Confession.)*
3. **Tell the priest your sins.** You can lead off with, “**I am sorry for...**” *(Just name your sins in your own words.)*
4. The priest talks with you and will give you a **Penance**.
5. You pray an **Act of Contrition**.
6. The priest gives you **Absolution**. He will pray while holding his hand out above your head.
7. You make the **Sign of the Cross** as he ends the prayer of absolution with... “and I absolve you from all your sins in the name of the Father...”
8. In conclusion, you may **Thank Him** and then leave the confessional.

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