

In the Confessional...

1. You will enter the confessional or a confession room and will have the choice to kneel behind a screen or sit in a chair facing the priest
2. You will begin right away, make the sign of the cross and say, "Bless me Father, for I have sinned, (say how long it has been since your last confession)", for example – "Bless me Father, for I have sinned, it has been two weeks since my last confession."
3. Tell your sins following the order of the Ten Commandments, or say the hardest ones first. If you have mortal sins, be sure to say the number of times you did them. If you do not know the number, tell the priest how often you do the sin.

The Ten Commandments:

1. I am the Lord your God, you shall have no other gods besides me.
2. You shall not take the name of the Lord in vain.
3. You shall honor the Lord's Day.
4. You shall honor your mother and father.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not lie/bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet you neighbor's possessions.

Remember the Great Commandment: You shall love the Lord your God with all your heart, soul, strength and mind, and your neighbor as yourself.

4. When you are done telling your sins, listen to the priest. He may give you some advice. He will also give you a penance to do (usually a prayer).
5. Say an 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 Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy.**

6. The priest will give you absolution. It is a long prayer that ends with, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen." He will then dismiss you.
7. You should do your penance as soon as possible after your Confession, so you remember to do it.