

Going to Confession

No matter how long it's been, don't worry, just follow this simple guide.

1. The priest gives a blessing or greeting.
2. Bless yourself and say, "Bless me father, for I have sinned. My last confession was..." (give weeks, months, or years).
3. Confess all your sins to the priest.
4. Say, "I am sorry for these and all my sins."
5. The priest gives a penance and may offer a little advice.
6. Say an Act of Contrition, expressing your sorrow for your sins.
7. The priest, acting in the person of Christ, then absolves you from your sins.

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THE SACRAMENT OF
CONFESSION

Stop remembering
what God
has forgotten.
-Psalm 103:12

The Sacrament of Reconciliation is also known as Penance or Confession. Whether it has been 2 weeks, 2 months, 2, 20, 40 years remember that God is there with open arms for you. The peace of mind & soul which this sacrament gives us is one for which there is no substitute. It is a peace that flows from a **certainty**, rather than from an unsure hope, that our sins have been forgiven & that we are right with God.

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