

How To Make A Good Confession

1. Go into the Reconciliation Room, you may kneel behind the screen or sit facing the priest.
 2. You make the sign of the cross and say: “Bless me Father, for I have sinned, this is (my first confession) OR it has been (how many weeks, months or years) since my last confession and these are my sins...”
 3. You confess your sins.
 4. You listen to what guidance the priest gives you.
 5. The priest gives you your penance.
 6. You say the **Act of Contrition** out loud for the priest.
 7. Absolution: the priest raises his right hand and forgives your sins.
 8. You say, “Thanks be to God”.
 9. Exit the Reconciliation Room and kneel at the altar railing or in your pew and pray your penance.
- *Remember to speak loud enough for the priest to hear you and please do not forget to thank God for forgiving your sins.**

The Act of Contrition

**O my God, I am heartily sorry for having offended You.
And I detest all my sins, because they offend You, my God.
Who are all good and deserving of all my love. I firmly
resolve with the help of your Grace, to sin no more. And to
avoid whatever leads me to sin. AMEN.**

Visit our website: www.stjosephri.org for more information on First Penance and Reconciliation.