

FORM FOR CONFESSION

**INDIVIDUAL: Bless me, Father, (making a sign of the cross) for I have sinned.
This is my first confession and these are my sins...**

~Tell your sins to the priest. Tell how many times (many, few, often, or use a number)

For these and all my sins, I am very sorry.

~Father will speak to you, give you a penance, and ask you to say the Act of Contrition.

**INDIVIDUAL: O my God, I am heartily sorry for having offended you
and I detest all my sins because of your just punishments,
but most of all 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 the near occasions of sin. Amen.**

**FATHER: I absolve you from your sins, in the name of the Father, and of the
Son, and of the Holy Spirit (Bless your self as Father says these
words)**

INDIVIDUAL: Amen.

FATHER: Give thanks to the Lord for He is good.

INDIVIDUAL: His mercy endures forever.

Go back to your pew, kneel down, and say the penance that Father gave to you.

FUTURE CONFESSIONS

**INDIVIDUAL: Bless me, Father, (making the sign of the cross), for I have sinned.
It has been (how long) since my last confession and these are my sins...**