After kneeling down or going face to face, you cross yourself and say, “Bless me, Father, for I have sinned. It's been \_\_\_\_\_\_\_\_ since my last confession”

Tell the priest your sins and listen to what he tells you to do for penance.

He will then tell you to recite your Act of Contrition, like the one below.

“O my God, I am heartily sorry for having offended You. 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 confess my sins, to do penance, and to amend my life. Amen.” *(or your own words to this effect, even something as simple as "I'm really sorry for all my sins and, because I love God, I will try not to sin anymore.")*

Bow your head as he prays the prayer below over you.

**Priest:** God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. (Make the sign of the cross when he absolves you.)

**Priest:** Go in peace.

**You:** Thanks be to God.

Leave the confessional, and go back into the church & kneel in your pew & carry out your penance as soon as possible, and do all you can to sin no more and stay away from near occasions of sin.