1. **Examine your conscious:**
   - What sins have I committed since my last confession?
   - Prioritize your sins. Mortal and worst ones first.

2. **Make the Sign of the Cross while saying:**

   "Bless me Father, for I have sinned."
   "It has been **[*weeks/months/years*]** since my last confession."

3. **Tell your sins to the priest:**
   Mortal and worst ones first.

4. **After telling Father all of your sins, you say:**
   - "I am sorry for all the sins of my past life, especially any mortal sins I may have committed"

   - "That's all, Father."

5. **Listen to what Father then says. Be sure to hear the PENANCE Father gives you.**

6. **Before leaving the Confessional, Father may ask if you are sorry for your sins or may ask you to say the ACT OF CONTRITION or both:**

ACT OF CONTRITION

O my God, I am heartily sorry
for having offended Thee
and I detest all my sins,
because I dread the loss of Heaven
and the pains of hell,
but most of all
because they offend Thee, my God,
who are all good and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to confess my sins, to do penance and amend my life. Amen

7. **AFTER CONFESSION:**
   - I thank God for sending Jesus to take away my sins.
   - Do my Penance