

## **What to do in the Confessional**

1. Make the Sign of the Cross
2. Bless me Father, for I have sinned. This is my first confession.
3. Confess your sins... Concentrate on one or two things that are most prevalent.
4. Listen to what the priest tells you... He will give you your Penance, which may include saying prayers.
5. When the priest is finished, say an Act of Contrition...

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

6. Share in a Sign of Peace... And say, "thank you!"