



YOUR INDIVIDUAL CONFESSION with the PRIEST

1. Respond to the priest's greeting and make the Sign of the Cross together with him.
2. Begin by saying: "Bless me, Father, for I have sinned. It has been _____ (1 year, 6 months, 2 weeks, etc.) since my last confession."
3. Confess your sins.
4. Listen to the priest's advice and accept your penance. (Penance is prayers to be prayed or an act of kindness to do, or both.)
5. Receive absolution from the priest, silently making the Sign of the Cross at the end, and responding, "Amen."
6. When the priest dismisses you, saying, "Go in peace," tell Father, "Thank you," and then spend a few minutes in a quiet space in prayer. Be sure to say or do your penance also.

Today you will not need to pray an Act of Contrition in your individual confession since your class will pray it together before you go to confession.

