

CONFESSION MADE EASY

YOU | PRIEST

In the name of the Father, and of the Son, and of the Holy Spirit

As you make the sign of the Cross

1



May the Lord be in your heart and help you to confess your sins with true sorrow

Bless me Father for I have sinned. It has been... weeks/months/years since my last confession

Approximate, if you don't remember

My sins are...

Then confess your sins, simply and sincerely

2



3



Priest gives some advice

He gives you a penance, which is usually to recite a prayer

You express contrition saying

Lord Jesus, Son of God, have mercy on me a sinner

Or you can say an act of contrition you may know

4



In Jesus' name, the priest then says

5



I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

He then invites you to go in peace, having been forgiven by God.