

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*

2



My sins are...

*Then confess your sins,
simply and sincerely*

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.*