

Confession Worksheet



Say to the Priest after you do the Sign of the Cross:

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

Here are my sins:

When you are done telling your sins, say:

I ask for forgiveness for these and all my sins.

Then listen to the priest – he may give you some words of guidance and then he will give you a penance, which is usually a prayer.

The priest may ask you to pray the Act of Contrition; if he doesn't you can pray it after confession, in your pew.

Say the **Act of Contrition**

**O my God, I am sorry with all my heart for doing wrong. I love you and do not want to sin again. You are all good and deserving of all my love. I will try with your help to sin no more.
Amen.**

The priest will then absolve you from your sins in the name of the Father, the Son, and the Holy Spirit.

The last step is to give thanks to God by saying a prayer of praise and sharing the greeting of peace. The priest may say:

'May the peace of Jesus be with you.' and your response is **'And with your spirit'.**

Now go back to your pew and give thanks to God for His love and mercy and say the penance the priest has given you.