



Consecration in Truth®

Family Catechesis™

Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.

53m. Five Steps to Confession

1. Examine your conscience.
2. Be sorry for your sins; try to have perfect sorrow.
3. Make a firm resolution not to sin again and to avoid the occasions of sin.
4. Tell your sins to a priest and receive absolution (all mortal sins must be confessed).
5. Perform your penance promptly.

How to Go to Confession:

1. Begin your confession by saying “Bless me Father for I have sinned, my last confession was _____ (weeks/months/years) ago.”
2. Then tell your sins.
3. Say an “Act of Contrition” when asked by the priest, before the absolution.

Act of Contrition (Prayer #9)

O my God. I am heartily sorry for having offended Thee, and I detest all of my sins, because I dread the loss of Heaven and the pains of hell, but most of all because they have offended Thee, my God, Who art all-good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

4. Perform the penance mentioned by the priest.