How do I go to Confession?

Confess your sins aloud to the priest, who listens lovingly on behalf of Christ and the Church.

Receive Penance, the prayers or good deeds the priest gives you to begin healing the relationships hurt by your sins.

Pray an Act of Contrition, a simple expression to God that you are sorry for your sins and that you resolve to leave sin behind and live in the light!

Receive Absolution, the words the priest speaks which reconcile you to God and the Church.

An Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.