



## 1. Confess

CONFESS YOUR SINS ALOUD TO THE PRIEST, WHO LISTENS LOVINGLY ON BEHALF OF CHRIST & THE CHURCH.

THE PRAYERS OR GOOD DEEDS THE PRIEST GIVES YOU, TO BEGIN HEALING RELATIONSHIPS HURT BY YOUR SINS.

## 2. Receive Penance



## 3. Act of Contrition

A SIMPLE EXPRESSION TO GOD THAT YOU ARE SORRY FOR YOUR SINS & THAT YOU RESOLVE TO LEAVE SIN BEHIND.

THE WORDS THE PRIEST SPEAKS WHICH RECONCILE YOU TO GOD AND THE CHURCH.

## 4. Receive Absolution



### **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.