

Practicing for Confession

You begin your confession with the Sign of the Cross.

You say:

In the name of the Father and of the Son and of the Holy Spirit . Amen.

Then say:

Bless me Father for I have sinned. My last confession was _____ These are my sins. (Then you tell Father your sins.)

When you are done telling Father your sins you say:

Father, I'm sorry for my sins.

Then Father will say you are forgiven and tell you what penance you will do. Father will say "Go in Peace !" and you say :

Thank you, Father.