The rite of reconciliation

Confession may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

1. The priest gives you a blessing or greeting.

2. Make the sign of the cross and say, “Bless me, Father, for I have sinned. My last confession was [give the number of weeks, months or years] ago.”

3. Confess all of your sins to the priest.
   (If you are unsure or uneasy, tell him and ask for help.)

4. Say, “I am sorry for these and all of my sins.”

5. The priest assigns a penance and offers advice to help you be a better Catholic.

6. Say an act of contrition, expressing your sorrow for your sins (see sample below).

7. The priest, acting in the person of Christ, then absolves you from your sins.