

CONFESSION MADE EASY

YOU | PRIEST

In the name of the Father, and of the Son, and of the Holy Spirit
As you make the sign of the Cross



May the Lord be in your heart and help you to confess your sins with true sorrow

Bless me Father for I have sinned. It has been... weeks/months/years since my last confession
Approximate, if you don't remember



My sins are...

Then confess your sins, simply and sincerely



Priest gives some advice
He gives you a penance, which is usually to recite a prayer

You express contrition saying

Lord Jesus, Son of God, have mercy on me a sinner

Or you can say an act of contrition you may know



In Jesus' name, the priest then says



OUR LADY
QUEEN OF PEACE



I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

He then invites you to go in peace, having been forgiven by God.

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