CONFESSION MADE EASY

You:
1. In the name of the Father, and of the Son, and of the Holy Spirit
   As you make the sign of the Cross

2. 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:
1. May the Lord be in your heart and help you to confess your sins with true sorrow

2. Priest gives some advice

3. He gives you a penance, which is usually to recite a prayer

4. 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

5. In Jesus’ name, the priest then says
   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.