# CONFESSION MADE EASY

YOU | PRIEST

**1**

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

**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*

**3**

*Priest gives some advice*

*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

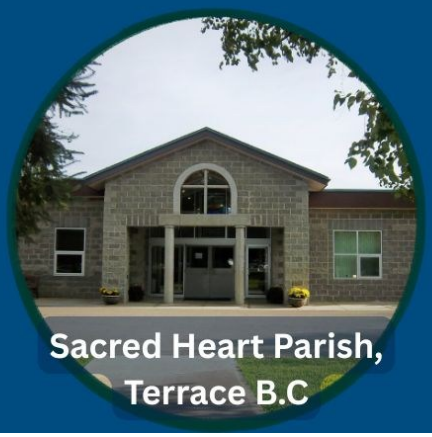
*Or you can say an act of contrition you may know*

*In Jesus' name, the priest then says*

**5**

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.*



**Sacred Heart Parish, Terrace B.C**

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