

A Quick Reminder of “How” to go to Confession

Remember these five aspects of how to make a good confession:

1. Examination of conscience
2. Sorrow for sins
3. Commitment to not sin again
4. Confession to a priest
5. Doing the penance the priest gives

Then:

Enter the confessional, knee down, and say:

“Bless me Father, I have sinned. My last confession was two weeks ago. The sins I confess are these: “a” two times, “b” once, and “c” three times. For these and any sins I cannot now remember, I am sorry. I ask a penance and your absolution. My Jesus, mercy.”

Confess all your mortal sins in both kind (what kind of sin) and number (how many times or how frequently you committed each kind of sin). Don’t hesitate. Just say it. Don’t chat. Don’t beat around the bush. Don’t ramble. Don’t add all sort of extraneous and pointless words or details. Be blunt. Omit nothing.

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