

## ACT OF CONTRITION

O my God,

I am sorry for my sins.

In choosing to sin

and failing to do good

I have sinned against You

and Your church.

I firmly intend

with the help of Your Son

to make up for my sins

and to love as I should.

## **Steps to Follow When Receiving the Sacrament of Reconciliation**

1. Getting Ready – Student should spend some time examining their conscience.
2. The student should enter the confessional and greet the priest, i.e., Hello Father.
3. Make the Sign of the Cross out loud.
4. Recite “Bless me Father for I have sinned. It has been \_\_\_ since my last confession.”
5. Offer their sins by saying “I have offended God by these sins: \_\_\_\_\_”
6. Wait for the priest to respond.
7. The priest will give the student a penance.
8. Student will say the act of contrition with the priest.
9. Absolution will be given by the priest.
10. The priest will conclude the confession by asking the student to go in peace.  
The student responds “Amen”. (If the confession is face-to-face, the priest, depending on personal style, may extend his hand for a sign of peace.)
11. Student carries out his/her penance.