

## Making a Worthy Confession

Take time to prepare yourself for confession with an appropriate examination of conscience. You can find one online at [www.olmc.church/confession](http://www.olmc.church/confession).

1. Approach the priest, whether in the confessional or in the main church.
2. Make the sign of the cross and say:

“Bless me, father, for I have sinned. It has been \_\_\_\_\_ weeks/months/years since my last confession, and these are my sins:

_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)
_____	( _____ # times)

Etc.

For these and all my sins, I am truly sorry.”

3. Father will give you counsel and penance. He will ask you to make your act of contrition. You may say one of the following:

“Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.”

Or:

“O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.”

4. Father (in the Person of Christ) will absolve you from your sins.
5. After making the sign of the cross, complete your penance.