Begin your confession

the sign of the cross, "In the name of the Father, and of the Son, and of the Holy Spirit.

My last confession was \_\_\_\_\_\_\_ weeks (months, years) ago."

Say the sins that you remember.

"I am sorry for these and all the sins of my past life."

When invited:

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

 If, "Give thanks to the Lord for He is good," answer, "For His mercy endures forever."

Do your assigned Penance.

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the sign of the cross, "In the name of the Father, and of the Son, and of the Holy Spirit.

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