

# CONFESSION MADE EASY

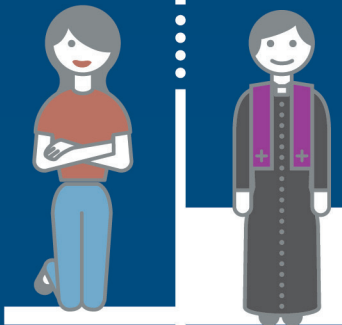
YOU | PRIEST

In the name of the  
Father, and of the Son,  
and of the Holy Spirit

*As you make the sign  
of the Cross*

1

May the Lord be in your heart  
and help you to confess your  
sins with true sorrow



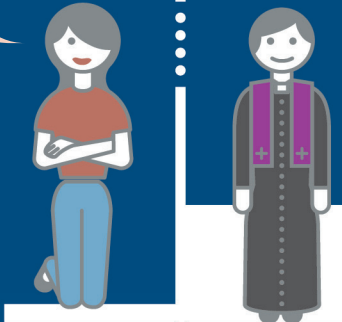
Bless me Father for I have sinned.  
It has been... weeks/months/years  
since my last confession

*Approximate, if you don't  
remember*

My sins are...

*Then confess your sins,  
simply and sincerely*

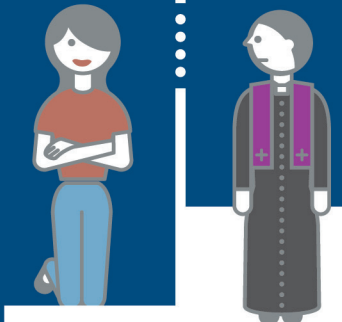
2



3

*Priest gives some advice*

*He gives you a penance,  
which is usually to recite  
a prayer*

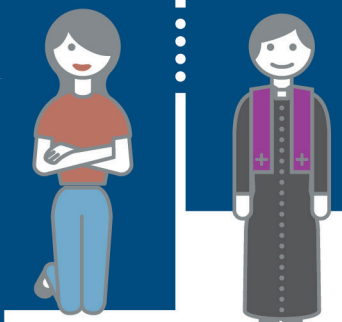


*You express contrition saying*

Lord Jesus, Son of God,  
have mercy on me a sinner

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

4



*In Jesus' name,  
the priest then says*

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.*

