

Before Confession



PRAY

Ask God to open your heart to make a good confession.

REFLECT

Look back and recall the ways you have distanced yourself from God - hurting others and yourself. Consider using an Examination of Conscience to help you prepare for confession.



During Confession

CONFESS

Speak your sins aloud to the priest who is there to listen and love on behalf of Jesus.

RECEIVE PENANCE

The priest will give you a penance -- prayers or actions that will draw you closer to God and restore what is broken.

MAKE ACT OF CONTRITION

Say this prayer to offer sorrow for sins committed and ask for the grace to sin no more.

RECEIVE ABSOLUTION

The priest prays the words aloud that will reconcile you with God and offer you healing.

After Confession



CELEBRATE

Your confession is a reminder of God's unending love and mercy.

COMMIT

Follow through on your penance and share God's tenderness with the world.

Learn more at iacatholics.org/confession