

.

**There are five steps to a good confession.**

1. Examine your conscience
2. Be sorry for your sins
3. Have a firm resolve to avoid those sins in the future
4. Confess your sins to a priest
5. Satisfaction ~ fulfill your penance

Jesus said to his apostles, “Whose sins you shall forgive they are forgiven them.”  That’s why we go to the priest to have our sins forgiven.  Because Jesus said so.

Often pride, laziness, or fear hold us back from Confession, but it’s the devil who really gets in our way.  A good, sincere, and contrite Confession brings enormous joy and peace to a soul.  How could it be otherwise?  Because in the Sacrament of Reconciliation we encounter Our Lord and Savior Jesus Christ and his Most Merciful Heart!

Rev. Francis J. Hoffman, JCD

Executive Director, Relevant Radio

**There are five steps to a good confession.**

1. Examine your conscience
2. Be sorry for your sins
3. Have a firm resolve to avoid those sins in the future
4. Confess your sins to a priest
5. Satisfaction ~ fulfill your penance

Jesus said to his apostles, “Whose sins you shall forgive they are forgiven them.”  That’s why we go to the priest to have our sins forgiven.  Because Jesus said so.

Often pride, laziness, or fear hold us back from Confession, but it’s the devil who really gets in our way.  A good, sincere, and contrite Confession brings enormous joy and peace to a soul.  How could it be otherwise?  Because in the Sacrament of Reconciliation we encounter Our Lord and Savior Jesus Christ and his Most Merciful Heart!

Rev. Francis J. Hoffman, JCD

Executive Director, Relevant Radio

**There are five steps to a good confession.**

1. Examine your conscience
2. Be sorry for your sins
3. Have a firm resolve to avoid those sins in the future
4. Confess your sins to a priest
5. Satisfaction ~ fulfill your penance

Jesus said to his apostles, “Whose sins you shall forgive they are forgiven them.”  That’s why we go to the priest to have our sins forgiven.  Because Jesus said so.

Often pride, laziness, or fear hold us back from Confession, but it’s the devil who really gets in our way.  A good, sincere, and contrite Confession brings enormous joy and peace to a soul.  How could it be otherwise?  Because in the Sacrament of Reconciliation we encounter Our Lord and Savior Jesus Christ and his Most Merciful Heart!

Rev. Francis J. Hoffman, JCD

Executive Director, Relevant Radio

There are five steps to a good confession.

1. Examine your conscience
2. Be sorry for your sins
3. Have a firm resolve to avoid those sins in the future
4. Confess your sins to a priest
5. Satisfaction ~ fulfill your penance

Jesus said to his apostles, “Whose sins you shall forgive they are forgiven them.”  That’s why we go to the priest to have our sins forgiven.  Because Jesus said so.

Often pride, laziness, or fear hold us back from Confession, but it’s the devil who really gets in our way.  A good, sincere, and contrite Confession brings enormous joy and peace to a soul.  How could it be otherwise?  Because in the Sacrament of Reconciliation we encounter Our Lord and Savior Jesus Christ and his Most Merciful Heart!

Rev. Francis J. Hoffman, JCD

Executive Director, Relevant Radio

**Act of Contrition**

**My God,**

**I am sorry for my sins with all my heart.**

**In choosing to do wrong and in failing to do good,**

**I have sinned against You,**

**Whom I should love above all things.**

**I firmly intend, with Your help,**

**To do penance, sin no more,**

**And to avoid whatever leads me to sin.**

**Our Savior Jesus Christ suffered and died for us.**

**In His name, my God, have mercy.**

**Amen.**

**Act of Contrition**

**My God,**

**I am sorry for my sins with all my heart.**

**In choosing to do wrong and in failing to do good,**

**I have sinned against You,**

**Whom I should love above all things.**

**I firmly intend, with Your help,**

**To do penance, sin no more,**

**And to avoid whatever leads me to sin.**

**Our Savior Jesus Christ suffered and died for us.**

**In His name, my God, have mercy.**

**Amen.**



**Act of Contrition**

**My God,**

**I am sorry for my sins with all my heart.**

**In choosing to do wrong and in failing to do good,**

**I have sinned against You,**

**Whom I should love above all things.**

**I firmly intend, with Your help,**

**To do penance, sin no more,**

**And to avoid whatever leads me to sin.**

**Our Savior Jesus Christ suffered and died for us.**

**In His name, my God, have mercy.**

**Amen.**

**Act of Contrition**

**My God,**

**I am sorry for my sins with all my heart.**

**In choosing to do wrong and in failing to do good,**

**I have sinned against You,**

**Whom I should love above all things.**

**I firmly intend, with Your help,**

**To do penance, sin no more,**

**And to avoid whatever leads me to sin.**

**Our Savior Jesus Christ suffered and died for us.**

**In His name, my God, have mercy.**

**Amen.**

