

How To Go To Confession

The process of confessing one's sins in the Sacrament of Reconciliation is simple and straight forward:

1. The first step is for the penitent to review their life since the last time he/she received the sacrament of reconciliation. This process is known as the **Examination of Conscience**.
2. The next step in the process is for the penitent to actually go to the Church for the sacrament. At Guardian Angels the Sacrament of Reconciliation is celebrated on **Saturdays @ 3:00pm or by appointment**.
3. When the penitent enters the Confessional/Reconciliation Room he/she either kneels behind the screen or takes a seat across from the priest in the chair provided. **At this point the priest welcomes the penitent with a greeting**.
4. After being welcomed by the priest **the penitent now proceeds with the confessing of his/her sins**.
5. When the penitent is finished confessing his/her sins, **the priest will then ask him/her to perform some type of penance**. The penance is to be completed at some point after the penitent leaves the confessional.
6. After the confession of sins **the priest will ask the penitent to make an Act of Contrition**. The penitent need not worry if he/she forgets the Act of Contrition; the priest has a card with an Act of Contrition printed on it to help the penitent if needed.
7. When the penitent completes his/her Act of Contrition, **he/she then receives absolution from the priest**.
8. **After receiving absolution the penitent is dismissed by the priest with the assurance that his/her sins are truly forgiven**. At this point the priest offers words of encouragement so that the penitent can truly go forth and live as a disciple who tries to live his/her discipleship in Christ in a fuller and more conscientious way.