

Five Steps to a Good Confession

The sacrament that restores *Sanctifying Grace* into our souls has three different names:

- ▶ *Reconciliation*
- ▶ *Confession*
- ▶ *Penance*



What happens to your soul after you make a good confession?

1. Your sins will be forgiven.
2. You will receive Sanctifying Grace Into your soul.
3. You will receive the strength to be a good Christian.

Perfect Contrition!!

We go to confession, as well as say the *Act of Contrition* prayer, to let God know we are sorry for our sins not only because we don't want to go to Hell, but more than that, because we love Him.