

How to go to Confession

Child: Make the sign of the Cross. Then say, ***“Bless me father for I have sinned, this is my first confession. These are my sins.”***
(Child tells the priest his/her sins.)

Child: When finished say: ***“For these sins, and the sins of my whole life, I am very sorry.”***

Priest: Gives advice, gives the child their penance, and says, *“Now Pray the Act of Contrition.”*

Child: ***O My God, I am heartily sorry for having offended You, and I detest all my sins because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life, Amen.***

Priest: Gives absolution: He says, *“I absolve you from your sins, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”*

Child: **Make the Sign of the Cross when the priest gives you absolution. Leave the confessional and say the Penance the priest gives you, and the following prayer:**

Prayer After Confession

I thank Thee, sweet Jesus, for forgiving my sins and giving me the grace I need to never commit these sins again. Amen.