

My First Confession

When I go to Confession, I will stand and make the sign of the Cross

Saying the words

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Then I will say:

Bless me Father for I have sinned – this is my first confession

I will tell Father my sins – how I have treated my family or friends, or anything else I am sorry for:

I will then listen to what Father says – listen to what he tells me to do.

(This is my penance).

I will then say the Act of Contrition. (My Sorry Prayer)

O my God

I am sorry that I have sinned against you

And with the help of your love

I will not sin again – Amen.

Father will give me absolution (forgiveness) for my sins.

Father will then say to me – Go in the peace of Christ.

I will say – **Thank you.**

I will then go quietly into the church – light a candle and kneel down and thank God for loving and forgiving me. I will say my penance, or make a promise to do whatever Father has told me to do.