

Going to Confession

1. Before entering the Confessional, examine your conscience so you are prepared to confess your sins. Use the following list to help you remember any sins you may have committed since your last confession.
 - ✓ Missing Mass on Sunday
 - ✓ Cursing
 - ✓ Disobeying your parents
 - ✓ Fighting
 - ✓ Teasing
 - ✓ Stealing
 - ✓ Lying
 - ✓ Cheating
 - ✓ Being jealous
 - ✓ Any other sins you can think of
2. When you enter the confessional, automatically begin your confession by saying, **“Bless me Father, for I have sinned. This is my first confession. My sins are”**(tell the priest your sins).
3. The priest will talk to you about your sins.
4. The priest will give you a penance (usually some prayers to say when you return to your chair).
5. The priest will ask you to say the Act of Contrition out loud – the children recite the prayer as a group.

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and 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, to 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.

6. The priest will give you absolution (forgiveness of sin).
7. Before leaving the confessional, say, “Thank you, Father.”