

## Steps for going to confession

1. Prior to making a good confession an examination of conscience is required.
2. You say “Bless me Father for I have sinned (making the sign of the cross) In the name of the Father, and of the Son, and of the Holy Spirit. Amen”
3. Priest says a prayer for you
4. You say “These are my sins.....(name the sins). After naming them say “for these sins and the sins that I cannot remember, I am truly sorry and ask forgiveness”
5. Priest talks to you and gives you a penance
6. Priest invites you to tell God you are sorry by praying an “Act of Contrition” (see below)
7. Priest prays the prayer of forgiveness. As he makes the sign of the cross over you, you also make the sign of the cross. Priest says “Now go in the peace of Christ.” You say “Amen”

### Please Note:

Father will help your child with these steps. Please bring your child to Father before their First Confession and introduce them to him and tell him their name and that it is their 1<sup>st</sup> Confession. They do not need to be nervous....he is there to help and guide them along.

There are many forms of the Act of Contrition. Here is a simple one that can be said and memorized. A suggestion is to recite it as part of your child’s bedtime prayers.

There are also a few others examples of the Act of Contrition on the website.

*Oh my God, I thank you for loving me. I am sorry for all my sins; for not loving others and for not loving you. Help me to live like Jesus and not to sin again. Amen*