

A few quick things:

1. Just as we say sorry to one another and forgive one another - in confession we say sorry to God and receive a hug/forgiveness from God.
2. The priest stands in the place of Jesus. When you hear the words "I absolve you from all your sins" (which means I take away all your sins) it is Jesus speaking to you through the priest! You know you've been forgiven.
3. Going to confession is receiving a BIG HUG from God making everything "all better" again.

How to Go to Confession

Child : *(make the sign of the cross)*

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

(The priest will say a prayer and then you say)

Child : Bless me Father for I have sinned.

This is my first confession.

These are my sins:

(Tell Father your sins, then at the end say)

That is all.

(The priest will speak to you about God's love and give you some advice. Then he will give you a penance. A penance is a prayer or action that you will do right after you are done confession. Completing a penance shows that you are sorry for your sins, and helps you to be better in the future)

Child: *(Act of Contrition / Sorry Prayer)*

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

Please forgive me. I promise not to sin again.

Help me always to be more like you.

Amen.

(The priest will give you absolution which means you are absolutely forgiven of all your sin)

Child : *(Make the sign of the cross with the priest)*

AMEN

Priest : Go in the peace of Christ.

Child : Thanks be to God.