

Directions for going to Confession

Before you make your confession, you must examine your conscience.

(This means to think about what you have done that might be a sin. Ask the Holy Spirit for help examining your conscience so that you will know what to confess.)

When it is your turn to confess, **you go into the confessional. You kneel on the kneeler or sit in the chair.**

Bless yourself, making the Sign of the Cross, and say:

“In the name of the Father, and of the Son, and of the Holy Spirit. Bless me, Father, I have sinned. This is my first confession. My sins are...”

Now, tell your sins to Father.

The priest who hears your confession is your friend.

He is there to act as Jesus, to heal you of your sins, to help you, and to get grace for you so that you can avoid sin.

Try to confess whether you commit a sin just once or many times.

When you are finished, you say,

“That is all I can remember”.

Father will:

1. talk to you about your sins and how to avoid them (maybe),
2. give you a penance (this is usually a prayer or some prayers) to say after you finish your confession, and
3. ask you to say the Act of Contrition (we will do this together at First Penance)

You say:

“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. Amen”.

While you are saying your Act of Contrition, Father will be praying the Prayer of Absolution.

When you hear Father say, “God bless you,” you say, **“Thank you, Father.”**

Go back to your seat and say your penance.

RED: Things you say

BLUE: Things you do