

How to Go to Confession

1. Say "**Bless me, Father, for I**
2. **have sinned.**
3. Then tell the Priest how long it has been since your last Confession.
4. Tell the Priest your sins.
5. Then say "**I am sorry for these and for any sins I do not remember.**"
6. Listen to the Priest.
7. Pray the Act of Contrition out loud.
8. Listen as the Priest forgives your sins and make the Sign of the Cross when he says "I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit.
9. Be sure to do the Penance that the Priest gives you when you are finished.

Act of Contrition

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!

HOW TO GO TO CONFESSION



A Simple GUIDE
for ages 7-12

Before You Go In...

It's important to prepare for Confession by asking God to help you. Here's a prayer you can say:

Dear God, I love you! I want to love You more every day!_ Help me to know how I have sinned. Help me to be sorry for my sins. Help me to make up my mind to do better from now on. I ask You this in Jesus' Name!



It's also important to think about what you have done that you know was wrong. Ask yourself these questions:

- * Have I skipped my prayers?
- * Did I miss Mass? Did I ask my parents to take me to Mass?
- * Do I use God's name or Jesus' name without respect, or when I am angry?
- * Do I pay attention at Mass? Have I fooled around in church?
- * Have I been bad at home?
- * Have I been bad at school?
- * Have I hurt anyone?
- * Have I obeyed my parents and teachers? Do I do what they ask me?
- * Do I say mean things with (during school, at Grandma's, at home)?
- * Am I lazy around the house? Do I do my chores?
- * Do I hurt other people's feelings by calling them bad names? Do I make fun of others?
- * Do I tell lies?
- * Do I bully others?
- * Do I start fights with my brothers and sisters at home or at school?
- * Do I blame other people for things I do?
- * Do I get other people into trouble?
- * Do I cheat or play unfair in games?
- * Do I fail to do my homework?
- * Do I cheat in school?
- * Do I take anything that doesn't belong to me? Do I return things I borrow in good condition?
- * Do I take care of my belongings and those of others?
- * Do I refuse to eat food I don't like?
- * Do I follow rules about using my tablet/phone/video games at home?
- * Have I spoken badly about anyone? * Have I been impure?
- * Have I been jealous?
- * Have I been mean?

And here's a prayer you can say once you've thought about your sins:

Dear Jesus,

I am sorry for my sins because they have offended You, Who suffered and died for me.

Please help me to make a good Confession.

Please help me to know how much You love me.

Please help me to rejoice because You forgive me!

Now you are ready to go and make your Confession to the Priest.