

CHILDREN'S GUIDE TO FIRST CONFESSION

Enter the confessional, close the door, and sit or kneel down.

Say: "Bless me Father, for I have sinned. This is my first Confession."

Say: "My sins are..." and list your sins.

Say: "For these and all my sins am very sorry."

Listen to Father who will talk to you kindly about your sins and give you a Penance.

You bow your head.

You listen to Father pray the Prayer of Absolution.

You say "Thank You Father," after he tells you to "Go in Peace."

You leave the Confessional and go to pray your Penance prayers.

PLEASE: Never worry about Confession. Jesus is just glad you are trying to grow in love for Him and for others! If you forget what to say in the Confessional, just tell Father and he will help you.

CHILDREN'S GUIDE TO INDIVIDUAL CONFESSION

Enter the confessional, close the door, and sit or kneel down.

Say: "Bless me Father, for I have sinned. My last Confession was _____ months ago."

Say: "My sins are..." and list your sins.

Say: "For these and all my sins I am very sorry."

Listen to Father who will talk to you kindly about your sins and give you a Penance."

If you are participating in a Reconciliation Service, you will pray the "Act of Contrition" with the group before your Individual Confession.

If you have not participated in a Reconciliation Service, Father will ask you to pray an Act of Contrition in the Confessional.

And you will 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.

YOU bow your head.

YOU listen to Father pray the Prayer of Absolution.

You say "Thank You Father," after he tells you to "Go in Peace"

You leave the Confessional and go to pray your Penance Prayers

NOTE: Never worry about Confession. Jesus is just glad you are trying to grow in love for Him and others! If you forget what to say in the Confessional, just tell Father and he will help you.