



How to go to Confession

For children in primary grades

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”

Acts 3:19



Pray

ASK GOD TO HELP YOU PREPARE
TO MAKE A GOOD CONFESSION

O God, I love you and I wish to love you more every day.
Help me to see how I have sinned. Help me to be sorry for my sins.
Help me to make up my mind to be better in the future. Amen.

THINK ABOUT HOW YOU HAVE HURT YOUR
RELATIONSHIP WITH YOURSELF, OTHERS AND GOD

Examine



Before you go to see the priest, ask yourself
“What have I done that I know was wrong?”

*Have I forgotten to say
my prayers?*

*Have I listened to my
parents and teachers?*

*Have I bugged my
parents to buy me
things?*

*Did I miss Sunday Mass
and was it my fault?*

*Have I hurt anyone or
played unfairly?*

*Have I taken things that
don't belong to me?*

*Have I been bad at
home or at school?*

*Have I spoken badly
about anyone?*

*Have I been jealous or
told lies?*

*Have I used bad
language?*

*Have I been mean to
other people?*



Confess

CONFESS YOUR SINS TO JESUS
THROUGH THE PRIEST

1 Begin by making the sign of the Cross and say:
“**Bless me, father, for I have sinned.**
It has been ___(weeks/months/years)
since my last confession and these are my sins.”

2 Tell your sins to the priest.

3 When you have said all your sins, say:
“**for these and for all of my sins I am truly sorry.**”

THE PRIEST WILL ASSIGN YOU A PENANCE
AND HELP YOU TURN TOWARDS GOD

Receive



Listen to the priest. He may say things to help you better follow Jesus.

The priest will give you a penance: he may ask you to say a prayer or do something nice for someone to help you come closer to God.



Contrition

SHOW YOUR DESIRE TO CHANGE

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 Saviour, Jesus Christ, suffered and died for us.

In His name, my God, have mercy. Amen.

THROUGH THE PRIEST,
JESUS FORGIVES YOUR SINS

Absolution



The priest will hold his hand over you and pray the 'Prayer of Absolution'.

You reply: "**Amen**"



Go!

CONGRATULATIONS, YOUR SINS ARE FORGIVEN!

Make up your mind to try to love God with all your heart, soul and mind and to love your neighbour as yourself.

Don't forget to do your penance as soon as you can.