



# A FORM OF CONFESSION

(Explanations and directions are in *italics*.)

**Priest:** “Good morning/afternoon/evening” (or similar words of welcome).

**Child:** “Good morning, afternoon/evening Father.” Then make the Sign of the Cross as you say the following: “In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”

**Priest:** “May the Lord help you to confess your sins” (or similar words.)

**Child:** “Bless me, Father, for I have sinned. This is my first confession.”

*Next, confess your sins telling the priest how often the sin is committed, for example, once, twice, sometimes, often. When you are finished, say the following: “I am sorry for all my sins.”*

**Priest:** *The priest may talk to you and then give you a PENANCE, which could be prayers or an act of kindness to perform to repair the damage done by the sin. Listen closely as you will do your penance when you leave the confession.)*

“For your penance . . .”

**Priest:** *The priest will ask you to say the Act of Contrition*

**Child:** *Prays an Act of Contrition (a prayer which expresses our sorrow to God.)*

**Priest:** *Gives absolution by praying the prayer which washes away our sins.*

*This prayer ends with . . . “ I absolve you from your sins, in the Name of the Father, and of the Son, and of the Holy Spirit.”*

*(Child makes the Sign of the Cross while the priest says these words.)*

**Child:** “Amen.”

**Priest:** (optional) “Give thanks to the Lord for He is good.”

**Child:** “For His mercy endures forever.”

**Priest:** “Go in peace.”

**Child:** “Thank you, Father.” *(Leave, return to your pew, and complete the penance that the priest has given.)*

### *Act of Contrition*

O my God, I am heartily sorry for  
having offended thee, and I detest all  
my sins because of Thy punishments.

But most of all because they offend Thee my God, who  
are all good and worthy of all my love.

I firmly resolve, with the help of  
Thy grace, to sin no more and  
to avoid the near occasions of sin.

AMEN.

