

Form of Confession for First Penance

(Make the Sign of the Cross as you say the following):

Child: 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.)*

(Make the sign of the cross while saying these words)

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

(when finished telling your sins) **I am sorry for these and all my sins.**

Priest: For your penance . . . *(listen closely to what Father tells you)*

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments. But most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to sin no more and to avoid the near occasions of sin. AMEN.

Priest: God the Father of mercies, through the death and resurrection of his Son, has reconciled the world to himself and poured out the Holy Spirit for the forgiveness of sins. Through the ministry of the Church, may God grant you pardon and peace. And I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

Child: *(make the sign of the cross)* **AMEN**

Priest: Give thanks to the Lord for He is good.

Child: His mercy endures forever.

Priest: The Lord has forgiven your sins. Go in peace.

Child: Thank you, Father.

(Leave, return to your pew, and complete the penance that the priest has given.)