

# Steps for Confession

## Practice Confession Script

Tell child what happens at each step; then let them practice saying their parts. Use the prompt if the child doesn't know what to do.

Tell child: "Before going to Confession:

- A. Take time to examine your conscience to call to mind the sins that you need to confess and ask the Holy Spirit to help you remember your sins. (Or you can write them down.)
- B. Be sorry for your sins
- C. Make up your mind to not commit these sins again.
- D. Tell your sins to the priest in the Sacrament of Reconciliation
- E. Do the penance the priest gives you."

In Confessional

1. Tell Child: The Priest will greet you. (Children will practice face to face, but will know that they have the option to sit behind the priest or kneel at the screen.)
2. [Prompt: Make the sign of the cross and say,] "**Bless me, Father, for I have sinned. This is my first confession and these are my sins.**"
3. [Prompt: In the confessional, name the sins you need to confess but for today, just say things you didn't really do. When you are finished say:] "**For these and all my sins, I am sorry.**"
4. Tell child: The priest may discuss your sins with you and then will give you a penance to do outside the confessional. He will tell you to now pray an Act of Contrition.
5. Read aloud or recite an **Act of Contrition**. (Copies of those children use will be provided.)
6. Tell child: The priest will say a prayer of absolution: "... I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit."  
[Prompt: You respond,] "**Amen.**"
7. Tell child: The priest may give you a final blessing: "The Lord has freed you from your sins. Go in peace."
8. [Prompt: say:] "**Thanks be to God.**"
9. Tell child: Thank the priest, make the sign of the cross, and leave the confessional.
10. Kneel in the church and say any prayers you were given for penance.