

How I Make My First Confession:

The priest will welcome me or say a short prayer.

I make the Sign of the Cross and say,
“In the name of the Father and of the Son, and of the Holy Spirit. Amen.”

“Father forgive me for I have sinned. This is my first confession. These are my sins.”

I tell my sins to the priest.

When I am finished I say,
“I am sorry for these and all my sins.”

Father will speak to me about God’s love and mercy now.
I listen carefully and answer any questions he may ask.
Then he will give me a penance.

I say the Act of Contrition if Father asks me to do so.

***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.***



The priest will raise his right hand over me and say a prayer to absolve me of my sins. **I make the Sign of the Cross** when Father says, ***“And I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.”*** **After the prayer I say, “Amen.”**

The priest will say, ***“Give thanks to the Lord for He is good.”***
I say, “His mercy lasts forever.”
Say “Thank you, Father” before you leave.

Go immediately to your pew and say the penance Father has given to you.