

How to Go to Confession Children Celebrating the Sacrament of Penance

Parent's help your children prepare prior to every confession. Review the following steps especially how to begin Confession and the Act of Contrition.

Step #1

- Pray before going to confession. (Ask Jesus to help you make a good confession)
- Examine your conscience and make a list of your sins. (Think about ways you have hurt God or other people)

Step #2

- Get in line for the Confessional.

Step #3

- Go into the Confessional and kneel at the kneeler
- Say: **" Bless me Father for I have sinned. This is my first Confession."**

Or

"Bless me Father for I have sinned. It has been _____ since my last confession."

- Tell the priests your sins and be sorry for them.

Step #4

- The priest will give you a Penance (a prayer to pray to make up for hurting God).

Step #5

- Say your Act of Contrition OUT LOUD to the priest while in the confessional.

Step #6

- Father will say a prayer for you and will forgive your sins. He will give you a penance to pray in Church.

Step #7

- Go out into the church and pray the prayers (penance) the priest gave you. You can ask your parents for help if you need it.