

# How to Go to Confession

## IN THE CONFESSIONAL

1. The priest will welcome you.
2. Begin by making the Sign of the Cross.
3. The child will say:  
*"Bless me, Father, for I have sinned. This is my first confession, and these are my sins."*
4. You then list the kind and number of your sins  
(e.g. I missed Mass 3 times; I lied 20 times)
5. The priest may ask you questions and/or offer you counsel.
6. The priest will give you an appropriate penance  
(e.g. "For your penance, please pray 2 Hail Mary's).
7. The priest then invites you (the penitent) to make an Act of Contrition.
8. *My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to good, I have sinned against You, whom I should love above all things. I firmly intend, with the help of Your grace, 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.*
9. The priest then prays the prayer of absolution (forgiveness):  
*God the Father of mercies, through the death and resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God give you pardon and peace. I absolve you from your sins, in the name of the Father, and of the Son and of the Holy Spirit. Please have children make the Sign of the Cross.*
10. You answer, *"Amen."*
11. The priest will then say, "Give thanks to the Lord, for He is good."
12. You respond, *"His Mercy Endures Forever."*
13. You say, *"Thank you Father"* and return to your pew to complete the penance the priest has assigned.