

GOING TO FIRST CONFESSION (STEP-BY-STEP)

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Bless me Father, for I have sinned. This is my First Confession and here are my sins.

Confess your sins to the priest.

After confessing your sins, you can say:

For these and all my sins, I am truly sorry.

The priest may give you some advice. He will then give you something for penance, and then ask you to make the Act of Contrition.

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart.

I have sinned against You whom I should love.

I intend, with the help of Your grace, to do penance, and to sin no more and to avoid whatever leads me to sin.

Amen.

The priest will then give you absolution for the forgiveness of your sins.

*The priest may then mention that you can go by saying: **Go in peace.***

*Response: **Thanks be to God.***

You may then go outside of the confessional and do the penance that was given.