

CONFESSION GUIDE

(Child)

Examine conscience

(Priest and Child)

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

(Child)

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

These are my sins...”

“I am sorry for these and all my sins.”

(Priest)

Receive your penance from Father. (Listen)

(Child)

Say the “Act of Contrition.”

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

(Priest)

Father says the Prayer of Absolution (forgiveness of sins).

“Give thanks to the Lord, for He is good.”

(Child)

“His mercy endures forever.”

(Priest)

“The Lord has freed you from your sins, go in peace.”

(Child)

“Thanks be to God.”

“Thank you, Father.”

(Child)

Go back to the pew and do the penance.