

## How to Go to Confession

### **Before coming to church**

1. Take time to pray & do an Examination of Conscience (see other side of page)
2. Talk to your mom or dad if you need help
3. Make a list if it helps

### **When you get to Church:**

1. Check in with leader, hand in your completed workbook
2. Check to see where the priests are located

### **When you go to see the priest:**

1. Have a seat
2. Make the Sign of the Cross (In the name of the Father, and the Son, and the Holy Spirit)
3. Tell the priest how long it has been since your last confession (This is my first confession)
4. Tell Fr your sins. Don't be too vague, but you also don't have to tell a long story either. Say as much as you feel comfortable. Remember that God knows what is in your heart.
5. Fr will talk to you for a bit about what you shared.
6. Pray the Act of Contrition:

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.

7. Fr will give you penance (a prayer to say or something to do)
8. Fr will then give you Absolution (all your sins will be forgiven)

### **When you leave the confessional:**

1. Do your penance (if it is a prayer)
2. Leave with your parents
3. Go and sin no more, or at least try your best