

PROCEDURE FOR CONFESSION FOR CHILDREN

BEFORE celebrating the Sacrament of Reconciliation (confession), pray to Jesus to help you know your sins.

DURING confession

Father greets and welcomes you.

You make the Sign of the Cross with Father.

You tell Father “It has been ___ months (or years) since my last confession, and these are my sins.”

You confess your sins. (You tell Father what you did wrong and why.)

Father talks to you about being better.

He gives you a **PENANCE** (a prayer to say or a kind act to do to make up for your sins.)

Father asks **you to 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. Amen.

Father blesses you with Jesus’ forgiveness, called **ABSOLUTION.**

(He may hold out his hand or place his hand on your head.)

He tells you to go in peace.

You say, “THANK YOU, FATHER.”

AFTER confession, return to your pew, kneel down and thank Jesus for His love and forgiveness, and **SAY YOUR PENANCE.**