

Going to Confession: Guide for the Children

1. Taking this sheet with you, go to either Fr Dominic or Fr Antonio; sit down and say, **“Good morning/afternoon, Father.”**
2. Say, **“Bless me Father for I have sinned. My last confession was _____ (say when)”**.
3. Tell the priest about the things you feel sorry for or things you know you have done wrong.
4. Finish by saying **“For these and other sins I have forgotten, I am sorry”**.
5. The priest will tell you to do something special; to make up for the wrong things you have done. This is called Penance. He might tell you to do an act of kindness or to say a prayer. You must listen carefully to hear what you should do and remember it when you go back to your place in the church.
6. The priest will tell you to say “I am sorry to God” by saying an Act of Contrition. You say:

“O my God, I am very sorry that I have sinned against you and with the help of your grace I will never sin again. Amen”
7. The priest will tell you that God our Father forgives us when we are sorry and will say a special prayer which is when your sins will be forgiven. This is called absolution.
8. You have now made your Confession and you will finish by saying, **“Thank you, Father”**.

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