

Sacrament of Confession help sheet

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 these are my sins:

- 1.
- 2.
- 3.
- 4.
- 5.

For these and all my sins I am truly sorry.

The priest will speak with you and then ask you to say your act of contrition.

Act of Contrition

O my God, I am sorry for all my sins. I will try to do better. Help me to walk in Your light.

OR

**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 Saviour Jesus Christ, suffered and died for us.
In his name, my God, have mercy**

The priest will give you the prayer of absolution. He will end with “Your sins are forgiven, go in Peace”. Remember to say:

Thanks be to God.

Go to the designated place, kneel down and say your penance. Then return to your seat.

Sample of sins for children:

1. I didn't listen to my parents
2. I didn't listen to my teachers
3. I didn't say my prayers
4. I didn't share my things with others
5. I didn't tell the truth
6. I fought
7. I didn't go to church
8. I made fun of others
9. I didn't help my parents
10. I gave attitude to my parents