

### Confession Guide

**Child:** Make the sign of the Cross and kneel or sit.  
Then say, "**Bless me father for I have sinned, this is my first confession. These are my sins..** (begin telling the priest your sins.)

**Child:** When finished say: "**For these sins, and the sins of my whole life, I am truly sorry.**"

**Priest:** Gives advice, gives the child their penance, and says, "Now Pray the Act of Contrition."

**Child:** O My God, I am heartily sorry for having offended Thee, 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 Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life, Amen.

**Priest:** He gives you absolution by saying "I absolve you from your sins, In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

**Child:** Make the Sign of the Cross when the priest gives you absolution.

Leave the confessional and say the Penance the priest gives you, and the following prayer:

#### Prayer After Confession

I thank Thee, sweet Jesus, for forgiving my sins and giving me the grace I need to never commit these sins again. Amen.

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