

1. Think about what you will confess.
2. Ask the Holy Spirit to help you make a good confession.
3. Wait your turn to enter the Reconciliation room.
4. Greet the priest and say "Hello Father, my name is _____."
5. Make the sign of the cross with the priest.
6. The priest may say a prayer to help you trust in God. You answer "Amen."
7. You tell your sins to the priest.
8. Listen to the priest as he gives you spiritual guidance and your penance.
9. You pray the Act of Contrition.
10. The priest says a prayer of absolution and forgives you for your sins. You say "Amen."
11. The priest may say "Go in the peace of Christ" and you say "Thanks be to God."
12. Say "Thank you Father," and walk quietly to your seat.
13. Do your penance as soon as possible.

How to Go to Confession.

Examination of Conscience

(Think of what sins you may have done.)

Think about your responsibilities to God:

Have you:

- prayed everyday?
- missed church through your own fault?
- paid attention at Mass?
- used God or Jesus' name when you were angry?

Think about your responsibilities to others:

Have you:

- been disrespectful to your parents and/or teachers?
- hurt someone by what you have said or done?
- taken anything that wasn't yours?
- told a lie?
- been unfair or hurt someone?
- done your homework or chores when asked?

Amen.

My God,
I am sorry for my sins.
In choosing to sin and failing
to do good, I have sinned
against You and Your church. I
firmly intend, with the help of
Your Son, to make up for my
sins and to love as I should.

Act of Contrition