

## Form of Confession

**Child:** Sign of the cross

**Bless me father, for I have sinned.**

**This is my First confession.**

**(Later this changes to: It has been \_\_\_\_\_ since my last confession.)**

**These are my sins:**

**(Tell the priest your sins.)**

**I am sorry for all of my sins.**

**Priest:** The priest will give penance and then tell you to say  
“The Act of Contrition.”

**Child:** 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

**The priest will forgive your sins in God’s name (absolution).**

**Priest and child will exchange the sign of peace by shaking hands.**

**Child will leave the confessional.**

### **Important words to know and remember:**

***Confessional***

***Sins***

***Penance***

***Absolution***