

1) The priest greets me.



We begin...

“In the name of the Father,
and of the Son
and of the Holy Spirit
Amen.”

2) I confess my sins.



I say: **“Bless me, Father, for I have sinned. This is my first confession. These are my sins...”**
The priest listens as I talk about how I have turned away from God, hurt myself or others, and any questions I may have.

3) The priest gives me a penance.



The priest asks me to say a prayer or do a good act. This will show God that I am sorry and want to be more caring.

4) I say a prayer of contrition.



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.

5) The priest gives me absolution.



The priest says:
“...I absolve you from your sins
In the name of the Father,
and of the Son, and of the Holy Spirit.”
I say: **“Amen.”**

6) The priest says, “Go in peace.”
I answer, **“Amen.”**



The priest and I thank God
for God’s love and mercy.