

Going to Confession:

A guide for children



Parish of the Sacred Heart and St Aldhelm

Before Confession

1. Ask God to help you make a good confession
2. Remember Jesus loves you and wants to forgive your sins
3. Examine my conscience: I look at what I have done and how I have lived and see the things that I am sorry for
4. I tell Jesus that I am sorry for my sins
5. I go to the priest when it is my turn

At Confession

1. The priest welcomes you
2. I make the sign of the cross and say: "Bless me Father for I have sinned."
3. I tell the priest how long it is since my last confession. Then I tell him all the things that I have done wrong and that I am sorry for
4. After I have confessed my sins, the priest may ask me a few questions to understand and help me better
5. I then listen to what the priest says and what he asks me to do as my **penance**
6. I then say my act of Contrition

Act of Contrition

**O my God, I am very sorry for all my sins,
and with your help I will not sin again.**

7. The priest gives me absolution and I make the sign of the cross and know my sins are forgiven
8. I thank the priest for helping me and go back into the church to pray

After Confession

1. I go and pray in the church
2. To thank God:
For loving me always
For forgiving me today
3. I say my **penance** if the priest gave me some prayers to say
4. I think about what the priest asked me to do to make my life better
5. I say a prayer for him too.

Prayers to help you:

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us.

Amen

Hail Mary full of grace, the Lord is with you.

Blessed are you among women, and blessed is the fruit of your womb, Jesus.
Holy Mary Mother of God, pray for us sinners, now and at the hour of our death.

Amen

Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now and ever shall be, world without end.

Amen

Remember

1. God never stops loving me. When I sin I put a block between me and the warmth of the love of God. When I go to confession, God takes the block away and so I can feel the warmth of his love.
2. The priest is there to help me in Confession, in any way he can, and, in God's name to forgive my sins. He will never, ever, tell anyone what I tell him in confession.
3. I will try and go to confession regularly, especially before Christmas and during Lent.