

## HOW TO GO TO CONFESSION?

Here below are the steps to do it.



Before Receiving the Sacrament:

Spend some time quietly thinking about what you will confess (for help, see the other page). Say a prayer to the Holy Spirit asking him to help you make a good Confession.

**Steps** in the Sacrament of Penance (Individual)

1. Sit with the priest OR go into the confessional. Begin by making the sign of the Cross and say, **“Bless me Father for I have sinned”**.
2. Say, **“This is my first confession.”**
3. Tell your sins to the priest and end by saying, **“For these and for all my sins, I am sorry.”**
4. The priest gives you a penance – something you do in order to make up for your sins and to show that you want to change your life.
5. The priest invites you to tell God how sorry you are. Then, you pray the “Act of Contrition”.

## ACT 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.  
Our Saviour Jesus Christ suffered and died for us.  
In his name, my God, have mercy. Amen.*

6. The priest prays the prayer of absolution.  
As the priest blesses you,  
make the sign of the cross and answer, **“Amen.”**
7. The priest says, “Go in peace.”
8. After Receiving the Sacrament,  
you now return to your pew and in silence say the  
prayers the priest has asked to do by way of penance  
for your sins.  
Thank Jesus for his Forgiveness, Grace and Blessing.



## A CHILD'S EXAMINATION OF CONSCIENCE

- Do I show my love for God by praying every day?
- Do I use bad language?
- Do I sometimes wish bad things on others?
- Have I missed Mass on Sundays or holydays of obligation?
- Do I misbehave in church or not pay attention at Mass?
- Did I keep the Eucharistic Fast before receiving Communion?
- Do I respect my parents, teachers, and elders?
- Do I fight with my family members or friends?
- Am I rude or stubborn, always wanting to have my own way?
- Do I forgive others when they hurt me or do I hold a grudge?
- Am I helpful to others in need?
- Have I told lies?
- Do I cheat in schoolwork or games?
- Do I "show-off" or treat others badly?
- Do I share or am I selfish?
- Do I complain about my chores or others things I should do?
- Am I jealous of others?
- Do I get angry or violent?
- Do I talk "behind another's back?"

## St Dominic Savio Parish

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**CELEBRATING  
THE SACRAMENT OF RECONCILIATION**

**First Reconciliation Service  
for Children**

