

## **I prepare myself to receive the sacrament of confession**

I enter the church, I sit or kneel, quietly.

I pray to the Holy Spirit, to help me remember my sins and to be sorry for them.



## **Prayer to the Holy Spirit, before confession**

Come, Holy Spirit,  
Fill my mind with your light.  
Help me remember my sins.  
Help me come to know why I have sinned.  
Grant me the grace not to repeat  
these sins again.  
Amen.





I think about the wrong choices (sin) I made.  
I do an examination of conscience.

## Examination of conscience

- How did I behave during prayer?
- Did I mention the name of God and of saints, in vain?
- Did I go to mass on Sunday and on days of obligation?
- How did I behave in church?
- Did I use rude words?
- Did I obey my parents and teachers?
- Did I play fairly?
- Do I get angry easily?
- Did I forgive?
- Did I always say the truth?
- Did I fight?
- Did I call others, names?
- Was I jealous of what others had?
- Did I take something which did not belong to me?
- Did I always do my duty and chores properly?
- Did I hurt someone with the words I said or with my actions?
- Is there some other sin I did?





I am sorry for my sins, and I promise God that I will do my best not to repeat them.

## I go to confession

I go near the priest.

I make the sign of the cross.



If this is not my First Confession,  
I tell the priest, when I had my last  
confession.



I tell the priest my sins.



The priest talks to me, after having listened to my confession. At the end, he gives me the penance which I perform as a sign of my love to Jesus.



I pray the Act of Contrition.





## Act of Contrition

O my God, I am sorry that  
I have sinned against you,  
because you are so good.

I promise that  
with the help of your grace,  
I will try not to sin again.

Amen.

The priest says the prayer of absolution.  
At the end I say, 'Amen'.  
The priest blesses me.



## After my confession

I go back to my place.



I thank the Lord in prayer and recite any prayer that the priests asks me to pray as penance.



Today I went to confession, and I am again, a friend of Jesus and of all my fellow Christians.

