

Once you have reflected on your sins by doing an 'Examination of Conscience' you are now ready to visit the priest.

1. Enter and make the sign of the cross saying:

*"In the name of the Father and the Son and the Holy Spirit. Bless me Father for I have sinned. It has been (how long has it been?) since my last confession. These are my sins"*

(Name your sins, if you are not sure if something is a sin, just ask the priest)

2. The priest will give you something to do or prayers to say AFTER your confession. This is your **penance**.

3. Now, pray the '**Act of Contrition**' prayer out loud.

4. The priest will pray the 'Prayer of Absolution' and then you say '**Amen**'.

5. Leave the confessional and find a quiet place in the church and pray the prayer(s) Father gave you as your **penance**.

This completes your confession! Your sins are wiped completely clear! You are filled with grace and the Light of Jesus in your heart is shining so bright again.

### ACT OF CONTRITION PRAYER

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 about 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

You can use this page as a Reflection Journal to make notes about things you want to share with the priest during your confession. You might want to write a couple of sins that you remembered when you did your Examination of Conscience and bring it with you each time you go to confession.

Date: \_\_\_\_\_

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Date: \_\_\_\_\_

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Date: \_\_\_\_\_

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## Jesus loves you so much!!

Love God. love others make disciples

Prepared for Holy Family Parish  
First Communion Program

Adapted from  
'EXAMINATION OF CONSCIENCE FOR YOUTH"  
From the Archdiocese of Toronto.

# Holy Family Parish Reconciliation Guide for Children



## How to prepare for Confession

Examination of Conscience  
Step by Step Instructions  
Act of Contrition  
Confession Journal