

How to make your 1st Confession

1. Take some time beforehand to do an **Examination of Conscience**, and be ready to tell the priest your sins.
2. Enter the confessional. Choose to go behind the screen or sit/kneel face-to-face with the priest.
3. The priest will welcome you. **Make the Sign of the Cross.**
4. Say, "**Bless me, Father, for I have sinned. This is my first Confession.**"
5. Tell your sins to the priest. Include any necessary explanations.
6. At the end, say, "**For these and all the sins of my life, I am truly sorry.**"
7. Listen to the priest's advice. He will give you prayer(s) to say as penance.
8. Say the **Act of Contrition** (below).
9. The priest will say the words of Absolution. **Make the Sign of the Cross** and say, "**Amen.**"
10. The priest may say, "Go in peace." Respond by saying, "**Thanks be to God.**"
11. Thank the priest.
12. **Do your penance** as soon as possible so you don't forget!

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 Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy.
Amen.