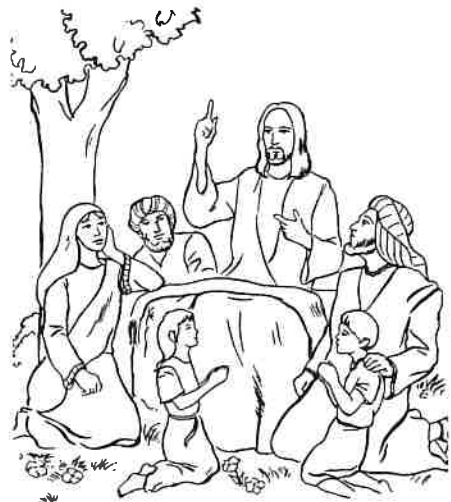


teased others, was unkind
 disobeyed my parents/teachers
 did not listen at Mass,
 did not do my jobs,
 immodest, fought with others,
 used rude signs, was impure or
 used bad language, told lies,
 HAVE I DONE ANY OF THESE SINS ?

A Guide to Confession SACRAMENT OF PENANCE Reconciliation



Name:

cheated in games,
 backchatted, missed Mass,
 broke promises, told secrets,
 did not share, unfair,
 did not say my prayers,
 stole something,
 mean to others,
 was not honest, was lazy,

Five steps for a good Confession.

1. Think about your sins.
2. Be sorry for them.
3. Promise to do better with God's help.
4. Tell ALL your sins.
5. Do your penance.

IN THE CONFESSIONAL

Kneel and make the Sign of the Cross.

Then say:

"Bless me Father for I have sinned.
 It has been (how long?) since my last
 confession, these are my sins."

Tell all your sins. Then say:

"For these and all my other sins which I
 cannot remember, I am very sorry."

Listen for advice and your penance.

Then say your act of contrition:

"O my God I am very sorry that I
 have sinned against You, because
 you are so good and with Your
 help, I will not sin again."

Father says the Prayer of Absolution.

You reply: Amen.

Leave the Confessional and do your penance.