

## Step # 5

### Say your 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.



## Step # 6

### Absolution

The Priest will give you  
absolution and you will  
make the sign of the  
cross with him.



## Step # 7

### Don't forget to do your Penance!

## Step # 1

### Examination of Conscience

#### **My Relationship With God:**

Have I used God's name and the  
name of Jesus with respect?  
Have I honored God by saying my prayers?  
Have I done my best to pay attention at Mass  
and to pray and sing with my parish?

#### **My Relationship with Others:**

Have I shown love to my parents and others who  
care for me by listening to them and  
always doing as they ask?  
Have I lied to my parents or my teachers?  
Have I been helpful to my brothers and sisters?  
Have I been mean to them?  
Have I treated others in a kind and friendly way?  
Or have I been mean to others?  
Have I played fairly?  
Did I call names or tell lies about someone?  
Did I share my things with others?  
Have I treated the belongings of others carefully?  
Have I taken what does not belong to me?



## Step #2

### Kneel Next to the Priest

“Hello Father”

And make the sign of the cross with Father



## Step #3

### Begin Confession by saying...

“ Bless me Father for  
I have sinned. This is  
my first Confession  
and I am sorry for...”



## Step #4

### Listen to the Priest



Listen as the priest  
gives you a penance  
to show you are sorry