

My First Confession Step by Step Guide

1. Sit quietly by yourself and make an Examination of Conscience



2. Kneel Next to the Priest and say "Hello Father"



3. Make the sign of the cross with Father and say "Bless me Father for I have sinned. This is my first confession. I am sorry for..."



4. Listen to the Priest give you a penance



6. The Priest will say Absolution and make the Sign of the Cross



5. Say your Act of Contrition

