

# Sacrament of Reconciliation



## **Before confession:**

I kneel down and pray

Then I think for a moment about what I am going to tell the Priest.

## **When I go to confession:**

I sit with the Priest.

I make the sign of the cross, then I say:

*Bless me Father for I have sinned. This is my first confession.*

I tell the Priest what I have done wrong.

The Priest will talk to me and I listen carefully.

Just before I leave I say:

*Thank you*

## **After confession:**

I walk to the little table by the steps of the altar and say my Prayer of Sorrow:

*O my God, because you are so good  
I am very sorry that I have sinned against you  
and with your help, I will try not to sin again.  
Amen*

## **Prayers after Confession:**

*Our Father...*

*Hail Mary...*

*Glory be to the Father*