

## *Steps for Receiving Sacraments of Reconciliation for Children*

- Before you go to Confession, take time to examine your conscience. Ask the Holy Spirit to help.
- Wait for your turn to enter the confessional.
- You may meet with the priest face-to-face or be separated from the priest by a screen.

### 1. **Greeting:**

- **Priest:** "In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."
- **Child:** Make the Sign of the Cross while he says this.
- **Child:** "Bless me, Father, for I have sinned. It has been \_\_\_\_\_ since my last confession."  
Or "Bless me, Father, for I have sinned. This is my first confession."

### 2. **Confession of Sins:**

- **Child:** Then tell your sins to the priest. After you tell your sins to the priest, say, "I am sorry for these and for all of my sins."

### 3. **Giving of Penance:**

- The priest will talk to you about how to do better. Then he will give you a penance.

### 4. **Act of Contrition:**

- The priest will ask you to recite an Act of Contrition.
- **Child:** 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.

### 5. **Absolution:**

- Then the priest will give us the Lord's forgiveness, which is called absolution.
- **Priest:** "God the Father of mercies, through the death and resurrection of His son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."
- **Child:** We make the sign of the cross and say, "Amen."

### 6. **Dismissal:**

- **Child:** "Thank you, Father."
- Then you leave.

### 7. **Penance:**

- After celebrating the sacrament, carry out your penance as before leaving church. Quietly thank Jesus for giving you this new life of grace and a new start!