

Before you leave ...

Say your penance

If the priest asked you to say some prayers for your penance, say these now.

Be determined to change!

Make up your mind to try and love God with all your heart and soul and mind and to try and love your neighbour as yourself.

Don't forget to say "Thank you."

O God, I thank you for forgiving me my sins. I will try now to love you with all my heart and soul and mind and I will try to love others too. Help me by your grace.

Don't leave it too long before you come again to receive the sacrament.

How to go to Confession



**A simple guide
for juniors**

Before you go in ...

It's important to be prepared by asking God to help you. Here's a prayer you can say

O God, I love you.
I wish to love you more every day.
Help me to see how I have sinned.
Help me to be sorry for my sins.
Help me to make up my mind
to be better in the future.

Before you go in, ask yourself "What have I done that I know was wrong?"

Have I forgotten to say my prayers?
Did I miss Sunday Mass and was it my fault?
Have I been bad at home?
Have I been bad at school?
Have I hurt anyone?
Have I spoken badly about anyone?
Have I been impure?
Have I told lies?
Have I stolen anything?
Have I been jealous?

Here's one last prayer before you go in

Dear Jesus, I am sorry for my sins
and I am ashamed of them
because they have offended you.
Help me to make a good confession.
Help me to know how much you love me.
Help me to rejoice because you forgive me.

How to go to Confession

**Bless me Father for I have sinned
I last went to confession ...**

Say what your sins are

**I am very sorry for these sins and for
any sins that I cannot now
remember.**

Listen to the priest

**O my God, because you are so good,
I am very sorry
that I have sinned against you
and by the help of your grace
I will not sin again.
Amen.**

Make the sign of the cross as the priest says:

**I absolve you from your sins in the name of the Father
and of the Son and of the Holy Spirit. Amen.**

This is where Jesus forgives you all your sins.