



Sacrament of Confession Procedure – First Time



(While making the sign of the Cross) 

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

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

These are my sins... (list sins and the number of times committed for each)

I am sorry for these, and all of my sins.



The priest may give you some advice, and then will assign your penance and ask you to say an "Act of Contrition".



Say your Act of Contrition. → "Oh God, I am sorry
for anything I have done to hurt You or any person.
I know I should show my love for You
in the way I treat the people and things You have given me.
Help me to do penance
and avoid the things that lead me to sin.
in the name of Jesus Christ Who suffered for us all,
have mercy on me. Amen."



(The priest will give absolution.)



(You may thank the priest as you are leaving.)



Now, go do your penance (say your prayers) ; preferably in the Church before the Blessed Sacrament.