

To prepare for First Confession we say our Confiteor (together)  
before we meet the priest.

### Confession

Child blesses herself/himself.

Forgive me Father for I have sinned.

These are my sins.

Child tells sins.

Example: I did not love God when .....

That's all Father.

Child listens to the Priest.

Priest gives child a penance and asks  
her/him to tell God she is sorry.



### Act of Sorrow

O my God, I thank you for loving me.

I am sorry for all my sins.

For not loving others and not loving you.

Help me to live like Jesus and not sin  
again.

Amen.

Priest gives child God's forgiveness.  
Child blesses themselves.

