



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.



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## **GOING TO CONFESSION**

When you have thought about the things that you need to say sorry for, go to the priest.

Begin with: **In the name of the Father and of the Son and of the Holy Spirit. Amen.**

Tell the priest when you were last at Confession. Then tell him the things you need to say sorry for

*(There is a list below to help you remember)*

### **At the end of your Confession:**

A) listen to what the priests asks you to do

B) pray the Act of Contrition (on the other side of this card)

C) listen while the priests gives you God's forgiveness

D) go back to your place, say the prayer the priest has asked you to say, then say a thank you prayer to Jesus and, lastly, say a prayer for the priest.

### **Things to think about before you go to Confession:**

- Have I said my prayers every day
- Have I been to Mass on Sundays and special Holy days
- Have I used the words 'God' or 'Jesus' in a bad way
- Have I done what my parents have asked me to do
- Have I been cheeky or bad tempered; have I told lies
- Have I played fairly with my brothers and sisters and friends
- Have I been greedy, selfish or rude; have I said bad words
- Have I done my best at school or have I been lazy
- Have I been fighting?

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