

Confession Note Sheet

1. Make the sign of the cross.
2. Say "Bless me Father for I have sinned".
3. Tell the priest how long it is since you last went to confession (or say this is your first time!).
4. Tell the priest the things that you want to tell Jesus and that you want forgiveness for.
5. Listen to what the priest says to you. He will ask you to say a prayer(s), or do something kind during the week, to show your love of God and of everyone else.
6. Say sorry to God by saying your act of contrition:
***"O my God, I am sorry for what I have done wrong,
I know you love me and I want to love you too.
With your help I will try not to sin again. Amen."***
7. The priest will absolve you – listen to the words of forgiveness.
8. The priest will then invite you to go in peace, having been forgiven by God.
9. Go and light a candle and pray the prayers that the priest has given you to say.

Things that I want to confess:
