

## How To Go To First Confession

Make the sign of the cross and say:

*Bless me Father for I have sinned.*

*This is my first confession.*

(After today you will tell Father how long it has been since your last Confession.)

Tell Father your sins.

Father will tell you what your penance is.

### Act of Contrition

My God, I Am sorry for my sins

With all my heart.

In choosing to do wrong

And failing to do good,

I have sinned against You

Whom I should love Above all things.

I firmly intend, With your help,

To do penance, to sin no more,

And to avoid whatever leads me to sin.

Jesus Christ suffered and died for us.

In His name, dear God, forgive me. Amen.

### Examination of Conscience

Let us look at the areas in our lives which we have not lived as Christ asks us to live.

#### In my relationship with God:

Have I been faithful in attending Mass?

Have I remembered to say my prayers each day?

Have my language and actions reflected my relationship with the Lord?

#### In my relationship with others:

Have I honestly tried to live in peace with my friends and family?

Have I reached out to those who are in need of my friendship?

Have I forgiven all and sought forgiveness from those I have hurt?

Am I a positive influence in my family?

#### In my relationship with myself:

Do I try to grow in my faith as Christ would wish me to?

Have I forgiven myself for the things I have done wrong?

Do I respect my own body and spirit? Do I see good within?