

***FORM FOR CONFESSION*with act of Contrition explained (First Confession)**

1. Make the sign of the cross In the name of the Father, and of the Son, and of the Holy Spirit, Amen.
2. **“Bless me father for I have sinned, this is my first Confession.”**
3. These are my sins.
4. When you are finished confessing your sins, the Priest will give you a Penance and invite you to pray The Act of Contrition:
5. Say an Act of Contrition...

***O my God, I am heartily sorry for having offended Thee and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy Grace to sin no more and to avoid the near occasion of sin. Amen**

6. The priest will pray the prayer of absolution. “I absolve you from your sins.”
You bless yourself as the priest blesses you.
7. Priest: give thanks to the Lord for He is Good.
You reply: His mercy endures forever
Priest: Go in the Peace of Christ
You reply: Thanks be to God

O my God, I am **heartily (sincerity-to a great degree) sorry for having **offended** (sin-to do wrong) **Thee** (You) and I **detest** (to dislike very strongly) all my sins because of **Thy** (Your) just punishments, but most of all because they **offend** (displease-hurt) **Thee** (You), my God, who **art** (are) all good and deserving of all my love. I firmly **resolve** (to make a firm decision about) with the help of **Thy** (Your) Grace to sin no more and to **avoid the near occasion of sin.** (To keep away from all the persons, places and things that may easily lead us to sin.)*