

# HOW TO GO TO CONFESSION



## A GUIDE FOR JUNIORS

### BEFORE YOU GO IN...

---

It's important  
to be prepared  
by asking God  
to help you.  
Here is a prayer  
you can say:

O God, I love you.  
I wish to love you more every day.  
Help me to see how I have sinned.  
Help me to be sorry for my sins.  
Help me to make up my mind  
to be better in the future.

Before you go in, ask yourself  
"What have I done  
that I know was wrong?"



Have I forgotten to say my prayers?  
Did I miss Sunday Mass and was it my fault?  
Have I been bad at home?  
Have I been bad at school?  
Have I hurt anyone?  
Have I spoken badly about anyone?  
Have I been impure?  
Have I told lies?  
Have I stolen anything?  
Have I been jealous?

Here is one  
last prayer  
before you go in

Dear Jesus, I am sorry for my sins  
and I am ashamed of them  
because they have offended you.  
Help me to make a good confession.  
Help me to know how much you love me.  
Help me to rejoice because you forgive me.

# WHAT TO SAY AT CONFESSION

---

**Bless me Father for I have sinned  
I last went to confession ...**

Say what your sins are.

**I am very sorry for these sins and for any sins that I  
cannot now remember.**

Listen to the priest

**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.**



Make the sign of the cross as the priest says:

**I absolve you from your sins  
in the name of the Father  
and of the Son  
and of the Holy Spirit. Amen.**

Jesus has forgiven all your sins.

# BEFORE YOU LEAVE...

---

Say your  
penance

If the priest asked you to say  
some prayers for your penance,  
say these now.

Be determined  
to change

Make up your mind to try to love  
God with all your heart and soul  
and mind and to try and love your  
neighbour as yourself.

Don't forget  
to say  
"Thank you"  
(to God)

O God, I thank you  
for forgiving me my sins.  
I will try now to love you  
with all my heart and soul  
and mind  
and I will try to love others too.  
Help me by your grace



*This leaflet is based on models prepared  
by Fr Tim Finnigan*