

CONFESSION MADE EASY

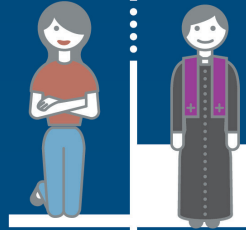
YOU | PRIEST

In the name of the
Father, and of the Son,
and of the Holy Spirit

*As you make the sign
of the Cross*

1

May the Lord be in your heart
and help you to confess your
sins with true sorrow



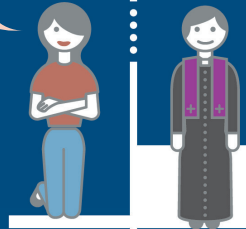
Bless me Father for I have sinned.
It has been... weeks/months/years
since my last confession

*Approximate, if you don't
remember*

My sins are...

*Then confess your sins,
simply and sincerely*

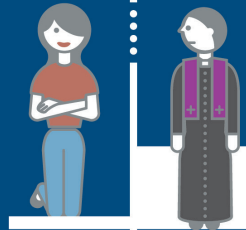
2



3

Priest gives some advice

*He gives you a penance,
which is usually to recite
a prayer*

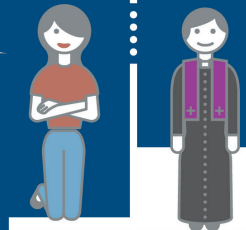


You express contrition saying

Lord Jesus, Son of God,
have mercy on me a sinner

*Or you can say an act of
contrition you may know*

4

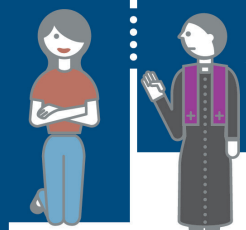


*In Jesus' name,
the priest then says*

5

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

*He then invites you to go in peace,
having been forgiven by God.*



CHILDREN

To help you know what to ask forgiveness for, consider some of these questions

- Have I said my prayers?
- Have I been going to Mass on Sundays?
- Have I taken the Lord's name in vain?
- Have I messed around at Mass or in the church?
- Have I been unhelpful at home?
- Was I sometimes selfish or not loving enough to my parents and family?
- Did I obey my parents and teachers?
- Did I share my toys with others?
- Have I been impatient, angry or jealous?
- Have I been selfish or insisted on getting my own way?
- Have I been lazy at school?
- Have I done my homework as best as I could and been honest in tests?
- Have I taken part in fights?
- Have I hurt anyone by speaking badly about them?
- Have I told lies?
- Have I stolen anything? Have I broken or damaged things that belong to others?
- Have I been giving good example?
- Have I encouraged others to do wrong in any way?
- Have I been selfish in my thoughts or actions?
- Have I been jealous of others?
- Have I excluded anyone from games?
- Have I prayed for others and tried to bring them closer to God?