

**Bless me Father for I have sinned.
This is my first confession.**

My sins are:_____.

For these and all my sins I am heartfully sorry.

Listen to Father and remember your penance.

Act of Contrition

My God, I am sorry for my sins with all my heart,
and I detest them. 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.

Our savior Jesus Christ suffered and died for us.
In his name, my God, have mercy.

Father: The Lord has forgiven you. Go in peace.
You: **Thanks be to God.**

As the priest is giving absolution, make the sign of the cross and
thank Father.