

## LESSON 10

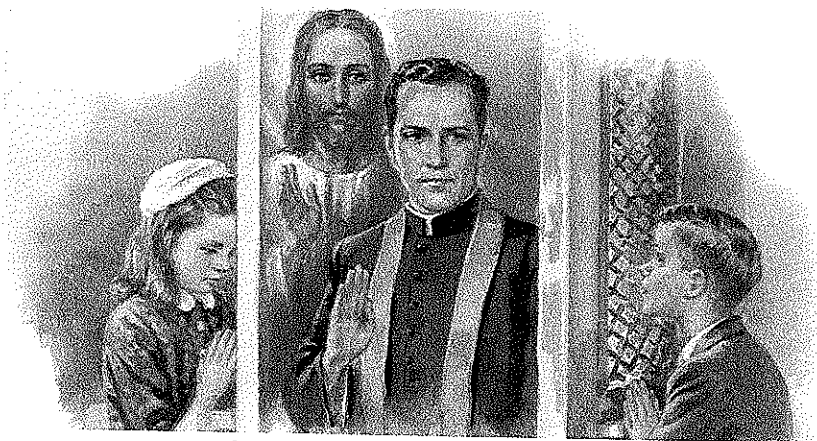
# HOW TO MAKE A GOOD CONFESSION

46. How do you make your Confession?

**I make my Confession in this way:**

1. I go into the confessional and kneel.
2. I make the Sign of the Cross and say:  
“Bless me, Father, for I have sinned.”
3. I say: “This is my first Confession”\* (or,  
“It has been one week, or one month,  
since my last Confession”).
4. I confess my sins.
5. I listen to what the priest tells me.
6. I say the Act of Contrition loud enough  
for the priest to hear me.

\*“This is my first Confession” need not be taught if there is danger that the children will continue to repeat it in subsequent Confessions.



**The Priest Takes Christ's Place**

Remember you are talking to Our Lord.  
Do not be afraid. Tell the truth.  
Tell all the sins you can remember.  
Do not leave out any sin on purpose.  
If you forget to tell a sin, God forgives you.  
Listen carefully to the priest.  
Say your Act of Contrition from your heart.

47. What do you do after leaving the confessional?

**After leaving the confessional, I say the penance the priest has given me and thank God for forgiving my sins.**

#### Thanksgiving after Confession

Look at the crucifix again.  
Thank Our Lord for His sufferings.  
Thank Him for curing your sins.  
Say your penance from your heart.  
Ask Jesus to help you to be better.

