

These are the prayers that your child needs to be confident in.

**Blessing**

In the name of the Father, and of the Son and of the Holy Spirit. Amen (with correct movement)

**Act of Sorrow**

O my God, I thank You for loving me.

I'm sorry for all my sins,

For not loving others and not loving You.

Help me to live like Jesus, and not sin again. Amen.

**Confiteor**

I confess to almighty God

and to you, my brothers and sisters,

that I have greatly sinned

in my thoughts and in my words,

in what I have done

and in what I have failed to do,

through my fault,

through my fault,

through my most grievous fault;

therefore I ask blessed Mary ever-Virgin,

all the Angels and Saints,

and you, my brothers and sisters,

to pray for me to the Lord our God. Amen

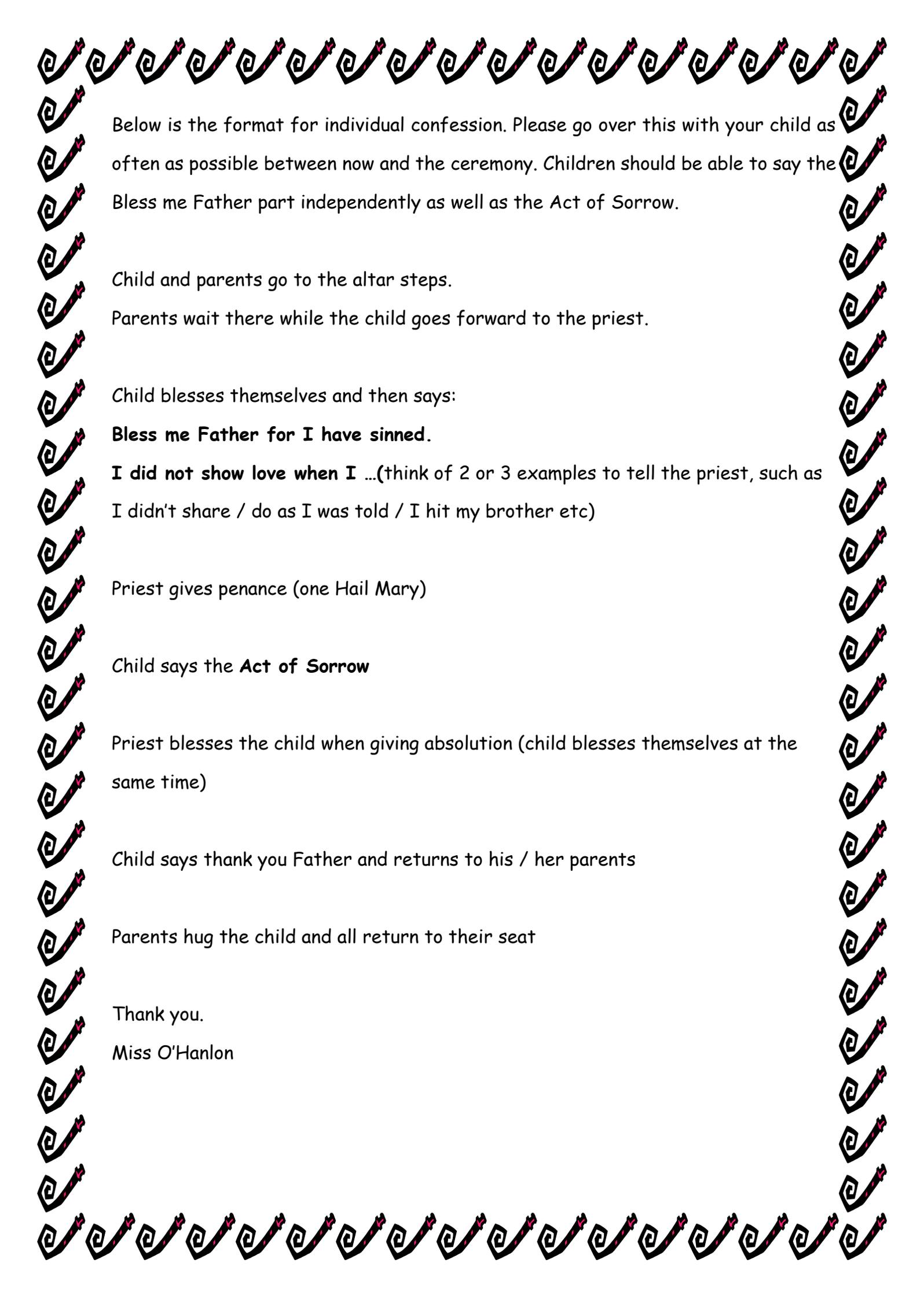
**Prayer after Forgiveness (new)**

O my God, thank You for forgiving me.

Help me to love others.

Help me to live as Jesus asked me to. Amen

PTO



Below is the format for individual confession. Please go over this with your child as often as possible between now and the ceremony. Children should be able to say the Bless me Father part independently as well as the Act of Sorrow.

Child and parents go to the altar steps.

Parents wait there while the child goes forward to the priest.

Child blesses themselves and then says:

**Bless me Father for I have sinned.**

**I did not show love when I ...**(think of 2 or 3 examples to tell the priest, such as I didn't share / do as I was told / I hit my brother etc)

Priest gives penance (one Hail Mary)

Child says the **Act of Sorrow**

Priest blesses the child when giving absolution (child blesses themselves at the same time)

Child says thank you Father and returns to his / her parents

Parents hug the child and all return to their seat

Thank you.

Miss O'Hanlon