

# The 5 Steps

## HOW TO GO TO CONFESSION

1. Make the Sign of the Cross and say,  
“Bless me Father, for I have sinned.  
This is my first confession.”
2. Tell your sins to the Priest.
3. Listen and respond to the priest for  
your penance.
4. (Say The Act of Contrition)  
O my God, I am heartily sorry for having  
offended Thee, and I detest all my sins because  
of Thy just punishments. But most of all  
because they offend Thee, my God, Who art all  
good and deserving of all my love. I firmly  
resolve, with the help of Thy grace, to sin no  
more and to avoid the near occasions of sin.  
Amen.
5. Tell Father Thank You.

A smaller version of this will be given to each child at the time of their First Reconciliation. It is not necessary to memorize it but rather to be comfortable with the steps.