**Make the Sign of the Cross  
In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Bless me Father, for I have sinned. This is my First Confession.**

**These are my sins:**

* **For these sins and every way I have offended God, I truly am sorry for.**

***The Priest assigns a Penance***

**The Act of Contrition: O my God, I am heartily sorry for having offended You, and I detest all my sins, because I 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.**

**The Priest will give you absolution:**

**…………..may God give you pardon and peace, and I absolve you of your sins in the name of the Father, and of the Son, and of the Holy Spirit.   
(Make the Sign of the Cross and say AMEN.)**

***Priest: Go now in Peace, your sins have been forgiven.  
Me: Thanks be to God. Thank you Father.***