**Act of Contrition Put-it-in-Order**

This exercise will help your child memorize the Act of Contrition. While they will not need to have it memorized for First Reconciliation, they will want to know it for future Confessions. It’s also a good prayer to prayer while in line for Communion.

Cut the following two pages of phrases into strips and work with your child to put them in the correct order, which is:

**My God,**

 **I am sorry for my sins with all my heart.**

 **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**](http://www.catholic.org/encyclopedia/view.php?id=10849)**no more,**

 **and to avoid whatever leads me to sin.**

 **Our Savior**[**Jesus**](http://www.catholic.org/clife/jesus)[**Christ**](http://www.catholic.org/clife/jesus)

**suffered and died for us.**

**In His Name, my God, have mercy. Amen.**

**My God,**

 **I am sorry for my sins with all my heart.**

 **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**](http://www.catholic.org/encyclopedia/view.php?id=10849)**no more,**

 **and to avoid whatever leads me to sin.**

 **Our Savior**[**Jesus**](http://www.catholic.org/clife/jesus)[**Christ**](http://www.catholic.org/clife/jesus)

**suffered and died for us.**

**In His Name, my God, have mercy. Amen.**

**Steps to Confession Put-it-in-Order**

This activity will help your child understand the order of the steps to Confession. Cut the following page of phrases into strips and work with your child to put them in the correct order, which is:

Examine your conscience to recall your sins.

Say, “Bless me Father for I have sinned…”

Tell Father how long it has been since your last confession.

Tell Father all your sins that you can remember.

Listen to Father’s advice and the penance he gives.

Pray an Act of Contrition.

Listen to Father say the words of absolution.

Do your penance.

Examine your conscience to recall your sins.

Say, “Bless me Father for I have sinned…”

Tell Father how long it has been since your last confession.

Tell Father all your sins that you can remember.

Listen to Father’s advice and the penance he gives.

Pray an Act of Contrition.

Listen to Father say the words of absolution.

Do your penance.

**Role-Playing Confession**

This activity will help your child to feel comfortable with how it feels to go to Confession. As a parent, you can play the priest first, and then switch roles. We provide made-up kids’ sins so that no one feels pressured to confess actual sins outside of Confession. You may want to cut out the made-up sins and put them in an envelope before you begin.

1. Parent and child make the sign of the cross.
2. Child says, “Bless me Father for I have sinned, this is my first confession.”
3. The child confesses a few made-up sins from the ones provided below.
4. The parent-priest gives a prayer as a pretend penance by saying, “Pray the Our Father / Hail Mary / Glory Be.”
5. The child reads the Act of Contrition.
6. The parent-priest reads the Prayer of Absolution.
7. Both make the sign of the cross.
8. After they have completed this, you can an switch roles and do it again.

**Role-Playing Confession Script**

Penitent and Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent: Bless me Father for I have sinned, this is my first confession.

 [Read some made-up sins from the suggestions below.]

Priest: God forgives you. Say one Our Father / Hail Mary / Glory Be. Now pray your Act of Contrition.

Penitent: My God,
I am sorry for my sins with all my heart.
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](http://www.catholic.org/encyclopedia/view.php?id=10849) no more,
and to avoid whatever leads me to sin.
Our Savior [Jesus](http://www.catholic.org/clife/jesus) [Christ](http://www.catholic.org/clife/jesus) suffered and died for us.
In His Name, my God, have mercy.

Priest: God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

Penitent: [Making the Sign of the Cross] Amen.

