

# Going to Confession

## Prayer Before Confession

Dear Jesus,  
Help me to make a good  
confession, help me to  
remember the times when  
I didn't live as Jesus  
asked me to. Help me to  
be sorry and to decide not  
to sin again.  
Have mercy on me Lord  
and forgive me.  
Amen.



## Act of Sorrow

Oh my God, I thank You  
for loving me, I am sorry  
for all my sins; for not  
loving others and not  
loving You. Help me to  
live like Jesus and not  
sin again.  
Amen.



Did I not show love to God?  
Did I not show love to my friends or family?  
Did I not have respect for teachers or other adults in authority?  
Did I say hurtful words to others or behind their back?  
Was I disrespectful to my property or other people's property?  
Was I dishonest or have I omitted the truth?  
Did I forget to make time for God and prayer in my life?