First Penance



Prayer Book

Sign of the Cross

Prayer for Forgiveness

Oh my God,

Help me to remember the times when I did not live as Jesus asked me to.

Help me to be sorry and to try again.

Amen.

The 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.

Prayer after Forgiveness

Oh my God,

Thank you for forgiving me.

Help me to love others.

Help me to live as Jesus asked me to.

Amen.