

How to Confess

1. Enter the room and sit in front of the priest.
2. After Father welcomes you, pray the Sign of the Cross
3. Say, "Bless me Father, for I have sinned. It has been (tell him how long) since my last confession." or "This is my first confession."
4. Tell him all of your sins, if you can't remember all of them, do your best and let him know if you are nervous or can't remember. He will help you.
5. After you finish confessing your sins, Father will give you a penance, usually a prayer or an act of kindness to do.
6. When Father asks, say the Act of Contrition prayer and then he will pray the prayer of Absolution over you. Tell Father "Thank you."
7. Leave the room and pray your penance prayer or do your act of kindness as soon as possible. Don't Forget!

Act of Contrition

Prayer

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 no more, and to avoid whatever leads me to sin.

Amen.

Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

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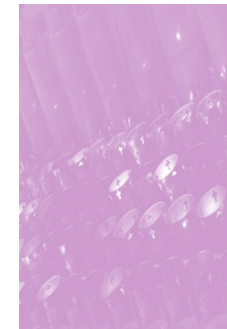
Helping Anyone Grow in Their Catholic Faith!

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Children's Preparation for Confession



Guide to Confession

Compiled by Cathy Morris

Why Should I Go to
Confession?

Remember ...

Confession is for you
to get your soul all
clean and shiny
again after sinning.

You get Grace from
God to help keep
you from sinning
again, too.

Father is here to help
you, so just be
yourself and ask God
and Father
to forgive you.

**CHILDREN'S
EXAMINATION
OF CONSCIENCE**

My Relationship with God:

Do I pray to God every day?

Do I fight against my parents when they say it
is time to go to Mass on Sunday?

Do I participate in Mass by paying attention,
responding and singing?

Do I speak about God respectfully, or do I use
God's name in vain?

Do I try to learn more about my faith by learn-
ing prayers, attending religion classes and read-
ing the Bible?

My Relationship with my Family:

Do I obey my parents like I should?

Do I talk back or act disrespectfully towards my
parents?

Am I responsible about cleaning my room and
doing my assigned household jobs?

Am I ever mean to my brothers and sisters?

Do I take care of my pets like I should? Or do I
neglect or abuse my pets?

Do I watch bad TV programs or videos?

Am I selfish with my things, or do I share them
with others?

Honesty:

Have I lied to my parents? teach-
ers? friends?

Have I cheated on homework or
a test?

Have I taken something that
does not belong to me?

Do I borrow things without re-
turning them?

School:

Do I fool around in class? Am I
lazy?

Am I disrespectful or inconsider-
ate toward teachers or classmates?

Do I bully or pick on other kids?

Do I use bad language?

Self Care:

Do I eat a well-balanced diet?

Do I get enough rest by getting to
bed on time at night?

Do I brush my teeth each day?

Do I bathe, groom my hair and
dress appropriately?