

## GOING TO CONFESSION

### INTRODUCTION

When you come before the priest, begin by making the sign of the cross (praying the words out loud), and continue by saying, “**Bless me, Father, I have sinned. It has been (how long) since my last confession. These are my sins...**”

### CONFESSION

List the sins you have committed that came to mind when doing your examination of conscience. Don't be too general (like “I haven't been a good person”), but a lot of detail is not necessary either (you don't need to tell the whole story of how a sin came about). If you're not sure if something is a sin, just ask the priest.

### PENANCE

The priest will suggest something for you to do or pray as a response to God's mercy. You'll have to remember what this is and do it after the confession is over, so pay attention!

### CONTRITION

The priest will then ask you to pray your “Act of Contrition”, demonstrating your sorrow for your sins. This needs to be prayed out loud for the priest to hear.

### ACT OF CONTRITION

**O my God, because you are so good, I am very sorry for having sinned against you, and by the help of your grace, I will try not to sin again. Amen.**

### ABSOLUTION

Don't get up to leave after that prayer, because the best part is yet to come: the priest will extend his hands in your direction and he will pray the **Prayer of Absolution**:

*“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 grant 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. Amen.”* You respond: **Amen.**

### CONCLUSION

The priest will then likely say, “*God has freed you from your sin. Go in Peace.*” To which you respond: “**Thanks be to God.**”

### AFTER YOU LEAVE...

Don't forget to do your penance. If it is saying certain prayers, it's best to do it right away in the church before you forget!

## Guide to Confession for Children and Examination of Conscience



*“Do not be afraid of Confession!”*

**Pope Francis**

# Examination of Conscience

## How am I as a child of God?

- ✚ Do I pay attention and participate in Mass?
- ✚ Do I try to learn about God from my parents, my teachers, from going to Mass, and reading the Bible?
- ✚ Do I pray for myself and for others?
- ✚ Do I take opportunities to help others?

## How do I act in my family?

- ✚ Have I disobeyed or lied to my parents?
- ✚ Do I always try to get my own way?
- ✚ Do I help with family chores?
- ✚ Have I mistreated my parents and sisters and brothers?
- ✚ Am I grateful for my family?
- ✚ Am I grateful for all they do for me?

## What kind of friend am I?

- ✚ Do I play fairly and allow other children to share my toys and games?
- ✚ Do I speak badly or gossip about others?
- ✚ Do I defend the people that others talk badly about?
- ✚ Am I welcoming of others?

## What kind of student am I?

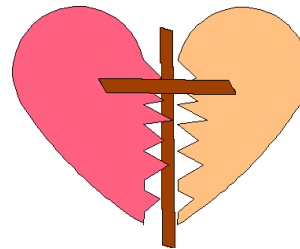
- ✚ Do I try my best?
- ✚ Do I cooperate with the teacher and with my classmates?
- ✚ Do I do my homework and other schoolwork the best I can? Do I ever cheat or disrupt the class?

## Do I have serious faults?

- ✚ Do I purposely lie or steal?
- ✚ Do I make up stories about others to get them in trouble?
- ✚ Do I purposely do things that I know my parents would not approve of?
- ✚ Do I destroy my own belongings or those of others?
- ✚ Do I say bad words?

## What kind of person am I?

- ✚ Do I let my anger get the best of me?
- ✚ Do I take advantage of people?
- ✚ Do I treat people badly?
- ✚ Am I only concerned with what I want?
- ✚ Do I enjoy seeing bad things happen to people?



Glory be to the Father  
and to the Son  
and to the Holy Spirit.  
As it was in the beginning,  
is now and ever shall be  
world without end.  
Amen.

Our Father,  
who are in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.