

Celebrating the Sacrament of Reconciliation

The Format for Confessing Sins

After the priest says hello to you, he will invite you to begin your confession.

You will say:

Bless me Father for I have sinned.

This is my first confession.

These are my sins.

You will tell the priest your sins.

After telling the priest your sins you will end by saying:

For these and for all my sins I am very sorry.

The priest will talk with you and remind you about God's love and forgiveness.

The priest will give you a penance.

A penance is not a punishment for sin.

A penance is meant to help you change and to avoid these sins in the future.

You will be asked to say an Act of Contrition.

An Act of Contrition

O my Jesus,
I am sorry for all my sins.
Help me to do my best
and not to sin again.
Amen.

*After the Act of Contrition,
the priest will pray the Prayer of Forgiveness
and you will say,*

Amen.

Examination of Conscience of Children

Love the Lord Your God With All Your Heart

- ✦ Do I think of God everyday? Do I pray to God everyday?
- ✦ Do I thank God for the good things he has made?
- ✦ Do I respect everything God gives me?
- ✦ Do I attend Mass regularly to thank God, or do I give my parents a hard time about going to Church on Sunday?
- ✦ Do I do my best in religion class so that I can learn to know and love God better?

Love and Respect Your Parents

- ✦ Do I thank God for my parents and for all who care for me?
- ✦ Do I pray for my parents and those who love me?
- ✦ Do I thank my parents for what they do for me?
- ✦ Do I help my parents at home when I am asked?
- ✦ Do I tell my parents the truth even when I might be punished if I have done something wrong?
- ✦ When I displease my parents, do I say I am sorry and ask for their forgiveness?

Love Your Neighbor as You Love Yourself

- ✦ Am I kind to everyone?
- ✦ Do I try to bring peace and joy into my home, school and community by being friendly and cheerful?
- ✦ Do I invite others who are different from me to be part of my circle of friends?
- ✦ Do I treat everyone fairly, especially children who are younger than I am? Or those who have no friends?
- ✦ Do I make up after a quarrel?
- ✦ Do I try to bring peace where there is fighting?
- ✦ Do I take things (like toys, money, or books) that are not mine without asking?

Love and Respect Yourself

- ✦ Do I make good use of the gifts God has given me?
- ✦ Do I do the best I can at my school work and my hobbies?
- ✦ Am I lazy? Do I refuse to help at home and at school?
- ✦ Do I cheat in games?
- ✦ Am I a poor sport if I do not win when playing games?