

HOW TO GO TO CONFESSION PRIMER FOR CHILDREN

How to Go to Confession:

After you enter the confessional, kneel down behind the screen or sit in the chair then make the Sign of the Cross and say:

“Forgive me, Father, for I have sinned. My last confession was _____ (days, weeks or months ago since your last confession was heard).”

Tell the priest your sins. Ask the priest any questions you may have about your sins. When you have finished, say: “I am truly sorry for these sins and all the sins of my life.”

The priest will talk to you and give you a penance (some prayers to recite after your confession)

Next he will ask you to say the **Act of Contrition** (see below) while the priest recites prayers that forgives your sins (absolution).

When the priest has finished this your confession is over. You may leave the confessional then recite the penance you received.



ACT OF CONTRITION: O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace to confess my sins, to do penance and to amend my life. Amen

EXAMINATION OF CONSCIENCE FOR CHILDREN

Did I think I was better than others?
Did I say my prayers without paying attention to them?
Did I purposely not say my morning or night prayers?
Have I rejected any Church teaching or denied that I was a Catholic?
Have I used the words "God" or "Jesus" in anger or irreverently?
Have I used foul or ugly language?

Have I wished evil on another?
Did I miss Mass on Sundays or Holy Days on purpose?
Did I misbehave, play or talk in church?
Did I treat holy things without respect?
Do I arrive at church late or leave early?
Do I try to be reverent and pay attention during Mass?
Do I avoid unnecessary work on Sunday?
Did I disobey my parents, teachers or those in authority?
Did I talk back to them or was I disrespectful to them?
Did I fight or argue with my brothers, sisters or others?

Am I a tattletale or bully?
Do I give a good example, especially to younger siblings?
Did I get angry?
Did I call anyone names?
Did I make fun of others?

Do I respect and obey my parents?
Have I dishonored or mistreated them by word or deed?
Am I willing to help around the house or must I be nagged a hundred times?

Do I respect others in authority: priests, nuns, police, old people, baby-sitters?
Was I lazy?
Did I eat or drink too much?
Was I mean to animals?

Do I beat up others or hurt their bodies?
Do I say cruel things, or make fun of others to hurt their feelings?
Do I say mean things about others behind their backs?
Have I stopped speaking to anyone?
Do I encourage others to do bad things?
Do I try to love all people?
Did I give bad example?
Did I look at impure pictures?
Did I watch bad TV, movies, DVD's or videos?
Did I see bad things on the Internet?
Did I dress improperly?
Did I steal anything? Explain what it was.
Did I purposely break something?

Have I taken things that were not mine from a store or another person?
Have I destroyed or misused another person's property for fun?
Do I return things that I borrow? In good condition?
Did I tell any lies?

Do I tell lies to make myself look good?
Do I tell lies to protect myself from punishment?
Do I tell lies that make another person look bad or get them in trouble?
Did I cheat?
Did I want what others have?
Am I jealous or envious of the things or abilities that others have?
Am I thankful to God and my parents for what they have given me?
Do I share the things I have with my family, friends and poor people?
Did I eat meat on Friday on purpose?
Did I not go to confession at least once a year?
Did I make a bad confession by purposely leaving out a mortal sin?
Did I not receive Holy Communion during the Easter time?

