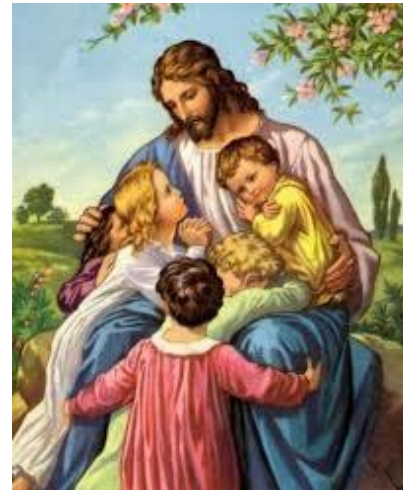




Act of Contrition

O my God,
I am sorry for my sins
with all my heart.
In choosing to do wrong
and failing to 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

Making a Good Confession



5 Steps to a Good Confession

1. Know your sins.
2. Be sorry for your sins.
3. Make up your mind to not commit that sin again.
4. Tell your sins to the priest.
5. Do your penance.

Making Your Confession

Start by making the sign of the cross while saying, “Bless me Father, for I have sinned” and tell how long it has been since your last confession. Tell your sins to the priest and try and tell him if it is a sin that you commit very often or not very often. Listen to the advice he may give you and pay attention to the penance he gives you. The priest may ask you to Pray an Act of Contrition. Make the sign of the Cross as the priest says the prayer of absolution, Thank the priest and do your penance as soon as possible.

An Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?

Have I been moody and behaved badly about praying and going to church on Sunday?

Have I asked the Holy Spirit to help me whenever I have been tempted to sin?

Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others:

Have I been obedient and respectful to my parents and teachers?

Have I lied or been deceitful to them or to others?

Have I humbly accepted correction from my parents?

Have I been selfish.

Have I held grudges or not forgiven others?

Have I treated other children with respect or have I made fun of them and called them names?

Have I used bad language?

Have I stolen anything? Have I returned it?

Have I performed my responsibilities, such as homework and household chores?

Have I been helpful and affectionate toward my family?

Have I been kind and generous with my friends?