



## How to go to Confession / Penance

- 1:** Pray to the Holy Spirit to help you, then examine your conscience (see back side). Plan what sins you will tell the priest.
  
- 2:** Go into the confessional and don't be afraid. You can either go face-to-face with the priest or behind the screen. After the priest greets you, make the Sign of the Cross.
  
- 3:** Then, say, "Bless me, Father, for I have sinned. It has been (\_\_\_\_\_) since my last confession. These are my sins."
  
- 4:** Name your sins as well as you can. You are really saying them to Jesus who acts through the priest. Be honest!
  
- 5:** When you finish your sins, the priest might offer you advice. Listen to him. It can really help!
  
- 6:** The priest will give you a penance to do as soon as you leave the confessional. Remember the penance!
  
- 7:** Then, say The Act of Contrition (back side).
  
- 8:** The priest will then dismiss you by saying, "Go in peace." Then, you say, "Thanks be to God."
  
- 9:** Do your penance in the church right away if you can. Then thank God for His mercy.

# **An Examination of Conscience for Children\***

## **Responsibilities to God:**

prayed every day?

morning prayers and night prayers?

Have I prayed with my parents and family?

Have I been moody and rebellious 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?

Have I  
Have I prayed my

## **Responsibilities to others:**

been obedient and respectful to my parents?

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

Have I been arrogant, stubborn or rebellious?

Have I talked back to parents, teachers or other adults?

Have I pouted and been moody?

Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?

Have I gotten angry at them? Have I hit anyone?

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?

Have I

## **Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

\* United States Conference of Catholic Bishops (usccb.org)