

## CHILDREN'S GUIDE TO INDIVIDUAL CONFESSION

Enter the confessional, close the door, and sit or kneel down.

Say: "Bless me Father, for I have sinned. My last Confession was \_\_\_ months ago. My sins are ..." *and list your sins.*

Say: "For these and all my sins I am very sorry."

Listen to Father who will talk to you kindly and give you a Penance.

If you are participating in a Reconciliation Service, you will pray the "Act of Contrition" with the group before your Individual Confession. If you have not participated in a Reconciliation Service, Father will ask you to pray an Act of Contrition in the Confessional. And you will say:

*My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do 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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen. I*

YOU bow your head, listen to Father pray the Prayer of Absolution.

You say "Thank you Father." after he tells you to "Go in Peace."

Leave the Confessional and go to pray your Penance Prayers.

NOTE: Never worry about Confession. Jesus is just glad you are trying to grow in love for Him and others! If you forget what to say in the Confessional, just tell Father and he will help you.

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## CHILDREN'S EXAMINATION OF CONSCIENCE

- Do I pray to God every day - or have I often forgotten?
- Do I attend Mass every Sunday (or Saturday evening) and pay attention - or have I tried to get out of Mass, behaved disrespectfully, or failed to participate?
- Do I speak the names of God and Jesus only with reverence - or have I used these names disrespectfully or in anger?
- Do I speak respectfully to my parents and obey - or have I disobeyed or talked disrespectfully?
- Do I treat people with kindness and love - or have I been unkind or inconsiderate?
- Do I take care of my health - or have I been eating or drinking the wrong things, avoiding exercise, sleeping too little, or breaking safety rules?
- Do I deal with my anger in good ways - or have I hurt others with angry words or actions?
- Do I respect the property of others - or have I stolen, taken or damaged things that do not belong to me?
- Do I help and share - with family, teachers, friends and the poor - or am I lazy, selfish or greedy?
- Am I truthful with myself and others - or have I lied or denied the truth?
- Do I speak kindly about other people - or have I gossiped, called names, or made fun of others?
- Do I complete my schoolwork or games honestly - or do I sometimes copy or cheat?
- Do I obey my parents' rules about staying away from TV, movies, music, video games, clothing or websites that are not good for me - or do I sneak and disobey?
- Do I try to keep the peace - or do I tease, argue, or bully?

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