

How to Confess My Sins

I have the option to go to Confession behind a screen or face to face.

When I am ready to go to Confession, this is what happens:

1. The priest welcomes me and we pray together, "In the name of the Father, and of the Son and of the Holy Spirit."
2. Then I say, "Bless me, Father, for I have sinned. It has been _____ since my last confession."
3. Then, I tell him my sins.
4. To let Father know I am finished saying my sins I say, "For these and all the sins I cannot remember, I am truly sorry."
5. I will listen to any words of help from Father and he will give me a penance that I should do after I leave Confession. When he asks me to make my Act of Contrition I say out loud:

O 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.

OR

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

OR

O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend You, O my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to do penance, and to amend my life. Amen

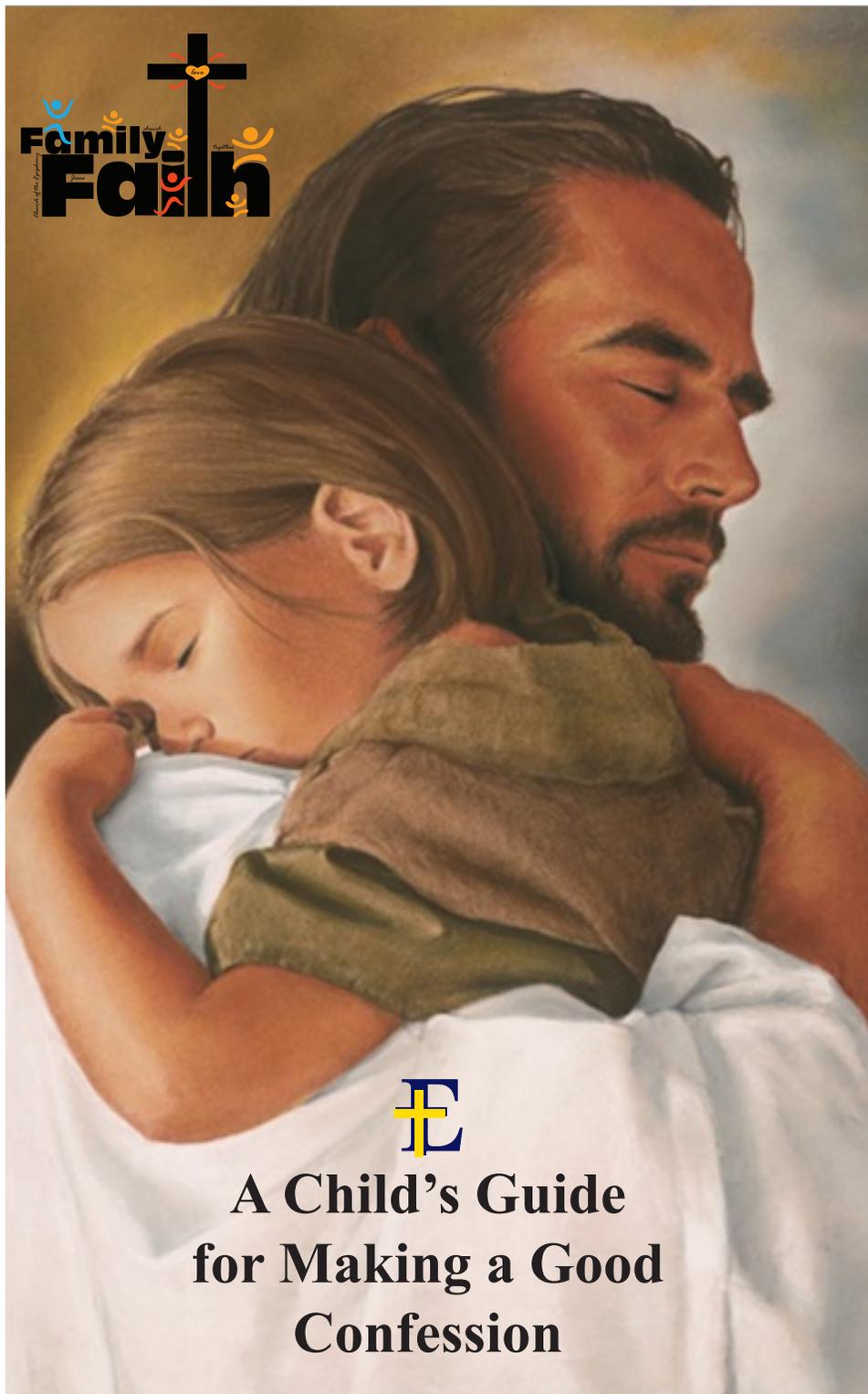
6. I will listen as Father prays the prayer of Absolution over me, and when he blesses me at the end of the prayers, I will make the sign of the cross.
7. I will leave the confessional and do the penance that Father gave me.

Some things about Confession:

Do not be afraid to go to Confession. Rather than try to hide your sins (even though you can't hide anything from God), go to Confession so that you can be forgiven and receive the grace to do better and grow closer to God.

The priest can NEVER tell ANYONE what you have told him in Confession—not even your parents or teachers!

The priest is HAPPY to hear your Confession. He will not be angry, upset or surprised by what you tell him. It is a joy for him to be able to forgive your sins through Jesus' power.



A Child's Guide for Making a Good Confession

Make a Good Examination of Conscience

Pray to the Holy Spirit, asking for the courage to see your sins and confess them honestly.

Make a good Examination of Conscience by using the 10 Commandments as a guide.

(You may choose to write down your sins to help you remember them in Confession.)

1. I am the Lord your God. You shall not have strange gods before me.

- Do I pray to God each day?
- Do I try to love God with my whole heart?
- Do I make things like sports, TV, video games, playing and doing what I want more important than what I am supposed to do?
- Do I make a good effort to learn my prayers and my religion lessons?
- Have I denied that I believe in God or that I am Catholic?

2. You shall not take the name of the Lord your God in vain.

- Have I used God's name carelessly without reverence and love?
- Have I held onto feelings of anger with God?
- Have I been careless with something that is blessed or sacred?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sundays or Holy Days without a very good reason (such as illness)?
- Do I respond and sing at Mass?
- Do I pay attention at Mass or do I do things that distract myself and others?
- Do I regularly arrive at church late or leave early without a good reason?
- Do I make Sunday a day of rest and joy for my family or treat it as a day of work?

4. Honor your father and mother.

- Do I pay attention to my parents, priests and teachers when they talk to me about God?
- Do I "talk back" to my mom, dad or anyone in charge of me?
- Am I respectful toward those who are in authority over me and ask for forgiveness when I fail at this?
- Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- Do I obey the rules of my home and school?

5. You shall not kill.

- Have I been unkind to anyone?
- Have I hurt anyone on purpose?
- Have I excluded others without a good reason?
- Have I made fun of or spoken unkindly to anyone?
- Have I spoken badly about others behind their back?
- Do I take care of my health by eating and sleeping well and getting exercise?
- Have I forgiven people, or am I holding a grudge against someone?

6. You shall not commit adultery.

- Have I watched TV programs or videos that my parents have told me not to watch or that I know wouldn't please God?
- Do I say bad words like swear words?
- Have I told or listened to bad jokes or stories that did not respect another person?
- Am I modest in my speech and in the clothes that I wear?

7. You shall not steal.

- Have I stolen what is not mine?
- Have I given back what I have borrowed?
- Have I wasted time at home or school?
- Have I cheated in school or in a game?
- Do I fail to do my homework or do I do it poorly on purpose?
- Do I break things or treat things carelessly or wastefully?

8. You shall not bear false witness against your neighbor.

- Have I lied about anything?
- Have I said things about people that are not true?
- Have I told another person something I was supposed to keep a secret?
- Do I tell lies to make myself look good? To avoid punishment? To get others in trouble?

9. You shall not covet your neighbor's wife.

- Do I keep good thoughts in my mind about others that are respectful and pure?
- Do I turn away from things on TV and movies that might show people not respecting each other?
- Do I allow my parents to spend time with one another, or do I get jealous and want them to only focus on me?
- Do I get upset when I have to share my friends?

10. You shall not covet your neighbor's goods.

- Do I want too much the things or talents that others have?
- Am I willing to share my things with others, or am I selfish and want them only for myself?
- Am I happy with what I have and thank God and my parents for all they have given me?

