

## Steps to a Good Confession

1. Find out my sins. Ask the Holy Spirit to help me know my sins and confess them honestly. Examine my conscience by using the Ten Commandments.
2. Be sorry for my sins. Ask the Holy Spirit to help me to be sorry for my sins.
3. Make up my mind not to sin again. During my confession, pray the Act of Contrition with my heart. I am saying to Jesus that I will seek to stop sinning, with the help of His grace.
4. Tell my sins to the priest.
5. Pray the penance that the priest gives me after leaving the confessional.

## How to Confess Your Sins

1. The priest welcomes me. I make the Sign of the Cross.
2. I tell the priest when I made my last confession.  
I say, **“Bless me Father for I have sinned, it has been \_\_\_\_\_ since my last confession.”**
3. I confess my sins and then say “For these and all the sins I cannot remember, I am truly sorry.”
4. Listen to what the priest tells me.
5. I pray the Act of Contrition. (choose one of the following prayers)
  - **Oh my God, I am heartily sorry for having offended You. And I detest all my sins because of Your just punishments. But most of all because they offend You my God who are all good and deserving of all my love. I firmly resolved with the help of Your grace to sin no more and avoid the near occasion of sin. Amen.**
  - **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. Amen.**
6. I listen to the Prayer of Absolution and respond **“Amen.”**  
**Thank you, Father.**

## What to do after Confession

1. Pray the penance the priest has given me.
2. Thank God for forgiving my sins.
3. Ask God each day to help me live as an adopted son or daughter of my Heavenly Father.

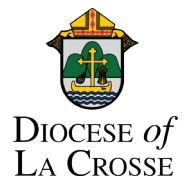
# Receiving Forgiveness and Healing in the Sacrament of Penance

Also known as Confession and the Sacrament of Reconciliation



2ND - 3RD GRADE

The priest is pleased to hear your confession because you will receive God's grace, strengthening you to do better. The priest 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.



# Examination of Conscience

## 1. *"I am the Lord, your God; you shall not have other gods besides Me."*

This commandment tells me that I should love God more than any other person. God should be more important to me than anything.

Some questions I should ask myself

- Do I tell God I love Him and thank Him for all He has given me?
- Is there anything that has become so important to me that I forgot God?
- Do I pray every day?

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

This commandment tells me that I should use God's name with love and respect.

- Do I use God's name in a loving way?
- Do I use other people's names in a loving way?
- Do I use bad words?

## 3. *"Remember to keep holy the Lord's Day."*

This commandment tells me that I should go to Mass on Sundays and Holy Days to celebrate God's love for us and remember everything God has done for us.

- Do I go to Mass on Sundays and Holy Days?
- Do I pay attention when I am at Mass? Do I listen carefully?
- Do I behave the way I should when I am in the Church?

## 4. *"Honor your father and your mother."*

This commandment tells me I should listen to, respect and love my parents and those people who take care of me when I am not with my parents (teachers, grandparents and priests, for example.)

- Do I listen to my parents and others who take care of me?
- Do I respect my parents and follow the rules they have made for my safety and good? Do I seek my parent's attention, wanting them to only focus on me?
- Do I help my parents at home by doing the jobs they ask me to do?
- Do I show my love for my parents?

## 5. *"You shall not kill."*

This commandment tells me I should treat other people with love and respect. I need to care for myself and help care for other people.

- Do I treat other people with kindness and respect?
- Do I hurt other's feelings by name-calling or making fun of them?
- Do I care for myself by eating healthy food, and getting enough sleep and exercise?
- Do I hit anyone? Do I fight with anyone?

## 6. *"You shall not commit adultery."*

This commandment tells me that a husband and wife should be loyal to each other. They have a special love that they only share with each other.

- Do I watch programs or videos that my parents have told me not to, or that would not please God, or that make me feel uncomfortable?
- Have I told or listened to bad 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."*

This commandment tells me that I should never take what does not belong to me.

- Do I take toys or money or other things that are not mine? Did I return what I took? Do I take care of the things that I borrow, and return them?
- Do I fail to do my homework or do it poorly on purpose?
- Do I cheat in school or in a game?

## 8. *"You shall not bear false witness against your neighbor."*

This commandment tells me that I should always tell the truth. I should not tell lies about other people.

- Do I always tell the truth?
- Do I say mean things about other people?
- Do I hurt other people by telling lies about them?

## 9. *"You shall not covet your neighbor's wife."*

This commandment tells me that I should keep thoughts in my mind about others that are respectful and pure.

- Do I respect myself and others?
- Do I turn away from programs and movies that are violent or impure, that show people not respecting each other?

## 10. *"You shall not covet anything that belongs to your neighbor."*

This commandment tells me that I should be grateful for the things that I have, and not be envious if someone else has something that I want.

- Do I want to have the things others have? Do I become envious of the good things that my friends have?
- Do I respect my friends' belongings?
- Have I been selfish, by not sharing my things with others?

**Jesus loves me and is pleased that I am here. He gave His life for me on the Cross so that my sins could be forgiven. There is nothing for me to fear. I want to trust Jesus; He is my Savior. When I go to confession, Jesus pardons me, strengthens me to love God and my neighbor more and gives me His peace and joy.**