

## Steps to a Good Confession

To receive the Sacrament of Reconciliation you must:

1. Find out your sins. Ask the Holy Spirit to help you to know your sins. "Come Holy Spirit and help me to know my sins and to be really sorry for them." Quietly examine your conscience so that you can think of the sins you may have committed since your last confession.
2. Be sorry for your sins. You will need the help of the Holy Spirit to be sorry for your sins. Without true sorrow, you will not make an effort to break sinful habits.
3. Make up your mind not to sin again. During your confession, pray the Act of Contrition with your heart. You are saying to Jesus that you will seek to stop sinning, with the help of His grace.
4. Tell your sins to the priest.
5. Pray or do the penance that the priest gives you, 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 you.
2. Thank God for forgiving your 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



4TH - 5TH 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

## About God

### 1. I am the Lord, your God; you shall not worship other gods.

- Is there anything or anyone more important for me than God?
- Did I miss saying my morning or night prayers? Did I miss saying a prayer during others times of the day? You honor and worship God by being faithful in praying your daily prayers.

## About the Holy Name of God

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

- Have I spoken about God, or used the holy name of God or Jesus or the name of Mary when I should not have used them or without thinking?
- Have I made fun of or mocked God, Jesus, Mary or the Church?

## About Sunday

### 3. Keep holy the Lord's Day.

- Have I asked my parents to take me to Mass on Sundays and Holy Days?
- Have I refused to go Mass on Sunday, the day Jesus rose from the dead?
- Have I tried to pay attention to what is going on at the altar when I am at Mass? Did I misbehave when I was at Mass? Did I chew gum or eat at Mass?
- Have I been attentive to Jesus while in Church?
- Have I made time to pray and to read the Bible and especially on Sundays and Holy Days? You keep Sunday holy by going to Holy Mass. It is a serious sin to miss Mass through your own fault.

## About Parents

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

- Did I disobey my parents and teachers? Did I talk back to my parents?
- Did I say mean things to them? Do I yell at them?
- Did I hide things from my parents? Did I lie to my parents?
- Did I show them love and respect?
- Did I obey my parents by completing homework and chores? You honor your father and mother by obeying them.

## About being kind

### 5. You shall not kill

- Did I hate anyone?
- Have I fought or argued with my brothers or sisters?
- Did I do anything mean to anyone or say unkind things to others? Do I hit others in order to hurt them? Did I make fun others or bully them?
- Did I lead others in not being friends with someone I do not like?
- Did I refuse to forgive someone? Jesus said that if we forgive others, God will forgive us. Confession helps us to forgive others.

## About being pure

### 6. You shall not commit adultery.

- On purpose, did I sin by looking at or listening to anything impure, something that makes me feel uncomfortable?
- Did I dress appropriately?
- Did I take good care of my body? Did I eat foods that are good for me?
- Do I show proper respect for every person?
- Have I treated every person as though they are a child of God?

## About being honest

### 7. You shall not steal.

- Have I taken anything that did not belong to me without asking permission?
- Did I return what I took?
- Did I damage what belongs to someone else?
- Have I cheated on a test?

## About being truthful

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

- Did I tell any lies? Have I told lies to hide what I have done wrong or to hurt others?
- Did I say mean things about anyone?
- Did I like to listen to unkind talk about others?
- Have I broken promises?
- Have I spread false rumors?

## About being jealous of other people

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

- Have I been jealous of other people?
- Do I respect other people's privacy?
- Did I watch TV or play video games that are violent or impure?

## About being jealous of what others have

### 10. You shall not covet your neighbor's property?

- Did I respect my friends' belongings?
- Have I been selfish by not sharing my things with others?
- Was I jealous of people who have lots of things?
- Do I judge people by the clothes they wear or what they have?

**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.**