

# STEPS FOR CONFESSION

- Examine your conscience and write your sins on the lines below or another sheet of paper.
- Enter the confessional – kneel at the screen or sit to confess face-to-face with the priest.
- Make the **Sign of the Cross**, saying, “In the Name of the Father, and of the Son, and of the Holy Spirit.”
- Say to the priest, “**Bless me Father, for I have sinned. It has been \_\_\_\_\_** (say how long) **since my last good Confession.**”
- Say **these are my sins:**

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- Confess all the sins you remember and then say, “**For these and all my sins, I am truly sorry.**”
- Listen to what the priest tells you and ask any questions you may have.
- The priest will tell you your penance – **listen carefully**. If you do not understand, ask him to repeat or explain it.
- When the priest tells you to, pray the Act of Contrition: “**O 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 resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.**”
- Listen to the priest say the words of Absolution and **make the Sign of the Cross when you hear him say**, “In the Name of the Father, and of the Son, and of the Holy Spirit.”
- The priest will dismiss you. You can say “**Thanks be to God!**” before you leave.
- Do your penance as soon as you can and destroy your paper with sins. These sins have now been forgiven!

# EXAMINATION OF CONSCIENCE AND CONFESSION GUIDE FOR CHILDREN



## PREPARATION FOR CONFESSION

We go to confession to heal our souls. Just like our bodies sometimes need healing, so do our souls. Confession is an outpouring of God’s love and mercy to us through the priest.

Before beginning to examine our consciences, it is necessary to pray and ask for help to know all of our sins. Below are prayers that you can pray to help you prepare for examining your conscience.

*Blessed Mother, in your love and kindness, please help me to know and confess worthily all of my sins. Help me not to hide any sins from Jesus, as He already knows what I have done and failed to do. Help me to love Jesus as He loves me. Help me to be ever thankful for the Mercy that He shows me and help me to make reparation for my sins and try, with the help of you, our Blessed Mother, not to offend Jesus again. Amen.*

*Come Holy Spirit, enlighten my mind that I may clearly know my sins. Touch my heart that I may be truly sorry for them so I can be as holy as God wants me to be. Amen.*

# EXAMINATION OF CONSCIENCE

- Have I made time for prayer every day to speak with God?
- Have I thanked God for all my blessings?
- Have I asked God for help when I am confused, lonely, or in trouble?
- Is my relationship with God and participation in my Faith the most important thing in my life?
- Do I choose other activities over prayer?
- Have I used and believed in good luck charms, horoscopes, ouija boards, palm readings, or other superstitions?
- Have I used God's Name (God, Jesus, etc.) to curse someone or something?
- Have I used the Lord's Name carelessly and without reverence (OMG, etc.)?
- Have I used bad language?
- Have I been respectful of blessed items and sacramentals (holy water, blessed candles, crucifixes, rosaries, images of saints, etc.)?
- Have I missed Mass on Sundays without a good reason (illness, lack of transportation, etc.)?
- Have I been late to Mass or left early through my own fault?
- Did I receive Holy Communion without fasting?
- Was I willfully distracted? Have I distracted others by talking or misbehaving?
- Did I talk during Mass or not pay attention?
- Did I put sports or other activities above rest and worship on Sundays?
- Was I rude or disrespectful to my parents?
- Did I lie to my parents?
- Was I disobedient to my parents?
- Have I failed to help my family and household (doing chores, helping siblings, etc.)?
- Have I set a poor example for my siblings?
- Did I disrespect others in authority such as teachers, babysitters, coaches, priests, nuns, public officials, etc.?
- Did I forget to pray for my parents?
- Did I think myself better than others or wanted the attention of others? (Pride)
- Have I wished ill or evil on someone else?
- Did I hate others or fight with others?
- Did I try to get even with others?
- Was I angry?
- Was I stubborn?
- Was I lazy?
- Have I gossiped or spread rumors about someone?
- Did I willingly give in to evil thoughts or actions or not follow God's Will out of fear?
- Did I judge or criticize others in words, thoughts, or actions?
- Was I impatient with anyone or about anything?
- Have I purposely annoyed or angered others?
- Have I failed to take care of my body God gave me? (Have I eaten healthy foods, exercised, etc.?)
- Have I failed to respect my body or the bodies of others?
- Have I treated other people as something other than a person, such as a toy, a pet, something to get enjoyment out of?
- Have I looked at pictures, shows, or movies, read books, or listened to music that does not respect the bodies and/or dignity of others?
- Did I dress in a way to attract attention to myself instead of covering my body in a modest way?
- Did I touch others or myself in a way that was not pure?
- Did I go to bad places that led me to sin?
- Have I taken something from a store or from another person without paying or asking?
- Did I waste time?
- Did I waste the time of others?
- Was I rude or disrespectful to others?
- Did I hurt or destroy someone else's property on purpose?
- Have I been careful with belongings others have shared with me?
- Was I jealous of others?
- Have I shared my belongings generously with my friends and family and those in need?
- Did I lie to someone or about someone?
- Did I cheat (in school, games, etc.)?
- Did I talk about the sins of others?
- Did I say mean things about others?
- Did I eat meat on forbidden days if over age 14 and able to abstain?
- Did I ever make a bad Confession by not confessing a mortal sin?
- Did I ever make a bad Confession by NOT being sorry for my sins?
- Did I ever go to Confession and not do or say my penance afterward?
- Have I received Holy Communion when I was in mortal sin?
- Did I fail to receive the Holy Sacrament of Reconciliation (Confession) at least once per year?
- Did I fail to receive Holy Communion at Easter time?