



A Child's Going to Confession

[Before I go to confession, I begin with an *Examination of Conscience*. I ask God to help me to think about my everyday choices - my words and actions.]

Father welcomes me and, together, we make the **Sign of the Cross**.

I say "Bless me Father, for I have sinned. This is my first confession" or "It has been ____ long since my last confession."

Then I tell the him my sins and things I really want to work on and change to do better.

Then I say "For these and for all my sins I am sorry and ask your forgiveness, Father."

Father gives me a penance to do and I say the **Act of Contrition**:

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 the Help of your grace,
to do penance,
to sin no more,
and to avoid whatever leads me to sin. Amen

Father then absolves me by saying the **Prayer of Absolution**:

"God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen."

I say "Amen".

Father concludes saying, "The Lord has freed you from your sins, go in peace.

I say "Thank you father" and leave to do my penance.

A Child's Examination of Conscience

Leader: Our relationship with God is the most important thing in our lives. God wants us to remain close to God and to share God's love with others. Let us now examine our conscience to see if we are living according to how Jesus taught us, *"Love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the first and greatest commandment."* The second is like it: *"Love your neighbor as yourself."*
(**Matthew 22:37-40**)

- Reader 1: Do I pray often so I can be close to God?
- Reader 2: Do I thank God for my family and friends and all God's gifts of creation?
- Reader 3: Do I use the talents and gifts God has given to me to help others?
- Reader 4: Do I listen to and obey my parents, teachers and others who take care of me?
- Reader 5: Do I respect what belongs to others?
- Reader 6: Do I get along with others in my words and actions?
- Reader 7: Do I forgive others when they hurt me?
- Reader 8: Do I bring peace to my school and community?
- Reader 9: Do I tell the truth?
- Reader 10: Do I always try to do the right thing, even when it is difficult?
- All: **God loves us and is always ready to forgive our sins.**

(Share a sign of peace with one another.)



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