

Going to Confession

1. We stop and Examine our Conscience by thinking about the things we have done wrong.

Examination of Conscience

Loving God: Do I pray to God every day? Do I thank God for the good things in my life? Do I try to learn about God from my parents and teachers? Do I go mass? Do I show respect for God's name?

Loving others: Do I obey my parents and cheerfully do my chores? Do I get along with my brothers and sisters? Do I play fair, share with others, and take turns? Do I gossip and tell secrets? Do I do my best at school and show respect to my teachers? Do I take care of my body by exercising and eating good foods? Do I watch too much TV and video games? Am I willing to help others? Do I respect their property? Am I a good example to others? Do I forgive others?

2. We go to the Confession Room and confess our sins by saying:

**BLESS ME FATHER FOR I HAVE SINNED. THIS IS MY
FIRST CONFESSION** (or how long since your last
confession) **AND THESE ARE MY SINS. . .**

(Tell the priest the sins you wish to confess. After you finish say an Act of Contrition. You may say this one or another you have learned)

3. When we finish our confession, we tell God we are sorry for our sins by saying an Act of Contrition:

**O MY GOD, I AM SORRY FOR MY SINS. IN CHOOSING
TO SIN AND FAILING TO DO GOOD I HAVE SINNED
AGAINST YOU AND YOUR CHURCH. I FIRMLY INTEND,
WITH THE HELP OF YOUR SON, TO MAKE UP FOR MY
SINS AND TO LOVE AS I SHOULD.**

4. The priest will then give you a PENANCE to do. It may be prayers to say or an action to do to show we are sorry and that we really want to change and stay away from sin.

5. The priest then blesses us and ABSOLVES us of our sins. This is how we celebrate being RECONCILED, being made closer with God than we were before.

6. Once you return to your place say any prayers that are part of your penance or decide when you will do the actions the priest gave us.