

## Confession Guide for Children

### EXAMINATION OF CONSCIENCE

Be sure to ask get ready before you confess. Ask God for help to think of your sins. Be sure to do this *before* you talk to the priest.

Here are some questions to help you think:

Did I pay attention at Mass?  
Have I fooled around in Church?  
Did I say my prayers every day?  
Did I say mean things to my mom or dad?  
Did I always say "Thank You" to people?  
Am I hard to get along with (during school, at Grandma's, at home)?  
Did I do what my mom and dad told me to do? My teacher?  
Was I lazy around the house?  
Did I do my chores?  
Did I hurt others people's feelings by calling them bad names?  
Have I started fights with my brothers and sisters at home?  
Have I blamed other people for things I do?  
Did I get other people into trouble?  
Do I hit people when I get mad?  
Have I forgiven people? Or am I holding a grudge?  
Have I cheated or been unfair in games?  
Did I refuse to play with someone for no good reason?  
Was I was lazy about my schoolwork?  
Did I fail to do my homework?  
Did I cheat in school?  
How many times did I lie to my parents? My teachers? My friends?  
Did I take anything that didn't belong to me?  
Did I avoid medicine? Did I refuse to eat food I didn't like?

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Did I take anything that didn't belong to me?  
Did I avoid medicine? Did I refuse to eat food I didn't like?

## A GUIDE TO CONFESSION

### *How to go to Confession*

1. There are two options: face-to-face or behind a screen. You get to make the choice. When you are ready, go see the priest.
2. Say hi to Father and then make the Sign of the Cross. Father may say something briefly or recite a reading from Scripture. Then you say:  
**Bless me Father for I have sinned.**  
**My last confession was \_\_\_\_\_** (2 week ago, last year, etc.).  
**And these are my sins...**
3. Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and ask the priest for advice or direction.
4. Listen to the advice the priest gives you. He will also give you a penance to do. If you don't understand, tell him and he will help you.
5. Then make an Act of Contrition for your sins. Here is one example:  
**Lord Jesus, Son of God, have mercy on me, a sinner.**  
When the priest absolves your sins, make the Sign of the Cross again.
6. Father will then dismiss you with the words of praise:  
Give thanks to the Lord for He is good.  
*You respond: "For His mercy endures forever."*  
The priest will then conclude with:  
The Lord has freed you from your sins. Go in peace.  
*And you respond by saying: "Thanks be to God."*
6. Go back to your pew and kneel down. Say thank you to Jesus for forgiving your sins. Try to perform your penance before you leave the church or at least by the end of the day.

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