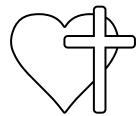


## When You Go to Confession

1. Make the Sign of the Cross.
2. Say: **"Bless me, Father, for I have sinned."**
3. Tell how long it's been since your last Confession.
4. Confess your sins honestly, start with the ones that are more difficult to mention.
5. Listen to the priest and remember your penance.
6. Pray the Act of Contrition.
7. Receive absolution.

## Making a good Confession

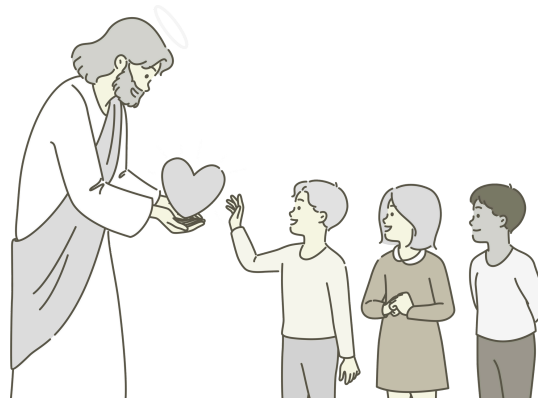


To make a good confession, we need to be truly sorry for our sins and want to come back to God, like the son who returned to his father.

Being sorry means we don't want to hurt God again and we'll try to do better with His help. God knows we're not perfect, but He's always ready to forgive us when we come to Him with love and honesty.

When we go to confession, it's like coming home after being away for a while. God welcomes us with open arms and a joyful heart. His mercy is like a bright fire that burns away our sins and makes our hearts clean again.

"The mercy of God is an ocean without shore or bottom."  
— St. Catherine of Siena



Sometimes we might feel nervous about telling our sins in confession or worry that God will be disappointed in us. But God's love doesn't change when we make mistakes, He is always ready to forgive us if when we're sorry and want to do better.

We can always trust that God never stops loving us, and He is happiest when we come back to Him.

After confession, we should thank God for forgiving us and giving us a fresh start. If later you remember a serious sin you truly forgot to mention, don't worry, God has already forgiven it with the rest. Just remember to tell it next time you go to confession.

## Examination of Conscience for Kids

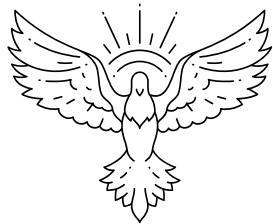
To prepare for the Sacrament of Reconciliation



## Prayer before the examination of conscience

*My Lord and my God, I firmly believe that You are here. I ask You to help me sincerely examine and truly know my conscience, discovering all my sins. May I set aside all shame and place my trust only in Your mercy. Give me the strength to confess them with full faithfulness and truth, so that I may now deserve Your forgiveness and the grace of final perseverance. Through Jesus Christ our Lord. Amen.*

## Examination of Conscience according to the Commandments



- Have I denied any of the truths taught by the Church? Have I murmured against or rejected God? Have I mocked or spoken against God, holy things, the Church, or its ministers? Have I neglected to learn my catechism or to pray? Have I received any sacrament unworthily or before I was allowed to?
- Have I sworn knowing that what I was saying was false? Have I sworn without necessity?

- Have I missed Sunday Mass? Have I prevented others from attending Holy Mass? Have I been unwilling or distracted during Mass?
- Have I disobeyed my parents? Have I caused them pain? Have I been rude to them? Do I do what they ask of me? Have I helped them when they need something?
- Have I harmed others by word or deed? Do I hold hatred or resentment toward anyone?
- Have I felt happy when something bad happened to someone else? Have I been envious? Have I been proud or shown off what I have before others? Have I been a bad example? Have I wished something bad would happen to someone? Have I fought or let anger take over? Have I failed to care for the life and body God gave me? Have I eaten more than I should? Have I tried to do good for others when I had the chance?
- Have I wasted time? Have I spent too much time on the internet, television, video games, or social media? Have I been lazy? Have I studied and done my tasks responsibly?
- Have I taken delight in impure thoughts or desires? Have I watched impure things on the internet or television? Have I had impure conversations? Have I committed any impure actions by myself or with others? Have I placed myself in a near occasion of sin?



- Have I stolen anything or any amount of money? Have I returned what I stole when I could? Do I return things I have borrowed, or do I keep them? Have I repaired the damage caused? Have I failed to help the poor or the Church in their needs?
- Have I lied? Do I have the habit of lying? Have I gossiped — that is, revealed another's faults without a just cause, even if true but not known? Have I slandered others by saying things that are not true? Have I repaired the harm caused by slander?

## Rite of Reconciliation

*V. In the name of the Father, and of the Son, and of the Holy Spirit.*

*R. Amen.*

*You say: **Bless me Father, for I have sinned. My last confession was (how long ago?)** Recite your sins.*

## Act of Contrition

*O my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven, and the pains of hell, 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 confess my sins, to do penance, and to amend my life. Amen.*



*After absolution:*

*V. Go in peace, your sins are forgiven.*

*R. Thanks be to God.*