

THE CONFESSION OF SINS

1. When you come into the confessional, together with Father begin with the Sign of the Cross.
In the name of the Father and of the Son and of Holy Spirit. Amen

2. Tell the priest how long it has been since your last confession.
It has been (*insert how long*) since my last confession.

You now confess your sins.

3. When you finish simply add:
I am sorry for all of my sins.

4. Father will then talk to you and give your penance which might be a prayer or some good deed.

5. After the penance, you say an **Act of Contrition**.

**O my God, I am heartily sorry
for having offended thee
and I detest all my sins
because of thy just punishments,
but most of all because they offend thee, my God,
who are all good and deserving of all my love.
I firmly resolve, with the help of thy grace,
to sin no more and to avoid
the near occasions of sin. Amen.**

6. Father now forgives your sins. He says:

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.

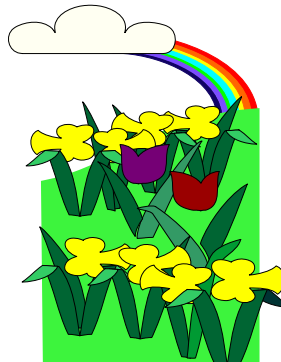
7. Father and you give praise to God.

Father says: Give thanks to the Lord, for he is good.

You say: His mercy endures forever.

8. Father will then tell you to **go in peace** and you say:
Thank you Father.

Smile



Enjoy
God's
Love

EXAMINATION OF CONSCIENCE

1. Did I disobey my parents?
2. Did I disobey my teachers at school
3. Was I unkind to my friends or my family
4. Did I ever mean to hurt anyone? Did I apologize to the person I hurt?
5. Did I try my best or was I lazy in what I had to do?
6. Do I always want things my own way?
7. Do I ever talk back to my parents?
8. Do I tell lies? At any time?
9. Do I blame others for my mistakes?
10. Do I call people names?
11. Do I make up “stories about other people”?
12. Do I ever take things that are not mine?
13. Was I angry? Do I make others angry – my parents, teachers, etc.?
14. Do I ever use God’s name in the wrong way?
15. Do I miss Mass on Sunday on purpose?
16. Do I take good care of myself by eating the right foods?
17. Do I ever fight with my brothers or sisters?
18. Do I break things on purpose?
19. Am I jealous of other people or things that they have?
20. Do I waste things that are given to me? Such as food, money, etc?
21. Am I selfish?
22. Do I say my prayers in the morning and at night?
23. Am I honest?
24. Have I damaged another’s property?
25. Have I been respectful to older people?
26. Do I cheat in tests in school?