

How to go to Confession - A Guide for Children -

Carrying his own cross,
he went out to the place
... called Golgotha.

John 19:17



A Children's Examination of Conscience

MY DUTIES TO GOD

Have I prayed every day, first thing in the morning and last at night?

Have I been moody and rebellious about going to Church on Sunday?

Have I asked the Holy Spirit if He will help me whenever I have been tempted to sin?

Have I asked the Holy Spirit if He will help me to do what is right?

MY DUTIES TO OTHERS

Have I been obedient and respectful to my parents?

Have I told lies to them or to others?

Have I been arrogant, stubborn or rebellious?

Have I talked back to my parents, teachers or other adults?

Have I been moody and sulked when I did not get my own way?

Have I been selfish towards my parents, family, teachers and friends?

Have I held grudges or not forgiven others properly?

Have I made fun of other children?

Have I called other children unkind names?

Have I bullied another child and hit them?

Have I used bad language?

Have I stolen anything? If I have, have I returned it?

Have I always done the good I know I should do?

Have I done my homework?

Have I done my household jobs?

Have I tidied up my room and my toys when asked?

Have I been kind, generous and helpful to my family and friends?

If there is anything else that is not mentioned here, then do not forget to tell the priest about it.

How to go to Confession

Make the Sign of the Cross with the priest. Then you can speak in your own words or you can say:-

Please bless me Father for I have sinned. My last Confession was (weeks/months/years) ago, and these are my sins.

Now tell the priest your sins. After you have finished you can say:-

I am sorry for all these sins and for any I cannot now remember.

The priest will talk to you about the sins you have mentioned. When he has finished he will ask you to do a penance. You can ask him questions if there is anything you do not understand. Then he will ask you to make an Act of Contrition such as this one:-

*O my God, because You are so good,
I am sorry for having sinned against You,
and by the help of Your grace, I will not sin again.*

Wait while the priest says the Prayer of Absolution over you. This is where Jesus, acting through the priest, forgives all your sins. Make the Sign of the Cross as the priest 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 amongst 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.*

You can now leave the Confessional.

After Confession

Do not forget to pray or do the penance that the priest gave you as soon as you can - this is very important!

If the priest asked you to pray some prayers for your penance pray these while you are still in the church.

You might like to pray this prayer once you have prayed or done your penance:-

*O God, I thank You for forgiving me my sins.
I will try now to love You
with all my heart, soul and mind,
and to love other people,
especially my parents and family.*

Remember to come to Confession often, so that you can meet Jesus and receive His grace to help you to be His Saint on earth.

