

How to Confess My Sins

I have the option to go to Confession behind a screen or face to face.

When I am ready to go to Confession, this is what happens:

1. The priest welcomes me and I make the sign of the cross, saying aloud, "In the name of the Father, and of the Son and of the Holy Spirit."

2. Then I say, "Bless me, Father, for I have sinned. This is my first confession."

(After my first confession, when I go again, I say: It has been _____ since my last confession)." *(tell how long it has been, for example, 2 months)*

3. Then, I tell him my sins.

4. I listen to any words of help from the priest and he gives me a penance that I should do after I leave Confession. When he asks me to make my Act of Contrition I say out loud my prayer.

5. Then the priest says the prayer of absolution and God forgives me. The priest tells me to "Go in peace" and I say: "Thank you."



Please take a pin for your child to wear as a sign of the love of Christ for them, as they wait to experience the richness of God's mercy in the Sacrament of Reconciliation on January 13 & 20.

Preparation for the Celebration of First Reconciliation (Confession or Penance)

Prayer before Confession:

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins that I need to confess, and grant me Your grace to confess them fully, humbly, and with a contrite heart.

O Blessed Virgin Mother of God, pray for me.

All you blessed angels and Saints, pray for me.

The Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Hail Mary

Hail Mary, full of grace,
the Lord is with thee.
Blessed are thou among women,
and Blessed is the fruit of thy womb, Jesus.
Holy Mary, mother of God,
pray for us sinners now
and at the hour of our death. Amen.

Glory be

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning is now
and ever shall be, world without end.
Amen.

EXAMINATION OF CONSCIENCE

1. I am the Lord your God. You shall not have strange gods before me.

- Do I pray to God each day?
- Do I try to love God with my whole heart?
- Do I make things like sports, TV, video games, playing and doing what I want more important than what I am supposed to do?
- Do I make a good effort to learn my prayers and my religion lessons?
- Have I denied that I believe in God or that I am Catholic?

2. You shall not take the name of the Lord your God in vain.

- Have I used God's name carelessly without reverence and love?
- Have I held onto feelings of anger with God?
- Have I been careless with something that is blessed or sacred?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sundays or Holy Days without a very good reason (such as illness)?
- Do I respond and sing at Mass?
- Do I pay attention at Mass or do I do things that distract myself and others?
- Do I regularly arrive at church late or leave early without a good reason?
- Do I make Sunday a day of rest and joy for my family or treat it as a day of work?

4. Honor your father and mother.

- Do I pay attention to my parents, priests and teachers when they talk to me about God?
- Do I "talk back" to my mom, dad or anyone in charge of me?
- Am I respectful toward those who are in authority over me and ask for forgiveness when I fail at this?
- Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- Do I obey the rules of my home and school?

5. You shall not kill.

- Have I been unkind to anyone?
- Have I hurt anyone on purpose?
- Have I excluded others without a good reason?
- Have I made fun of or spoken unkindly to anyone?
- Have I spoken badly about others behind their back?
- Do I take care of my health by eating and sleeping well and getting exercise?
- Have I forgiven people, or am I holding a grudge against someone?

6. You shall not commit adultery.

- Have I watched TV programs or videos that my parents have told me not to watch or that I know wouldn't please God?
- Do I say bad words like swear words?
- Have I told or listened to bad jokes or stories that did not respect another person?
- Am I modest in my speech and in the clothes that I wear?

7. You shall not steal.

- Have I stolen what is not mine?
- Have I given back what I have borrowed?
- Have I wasted time at home or school?
- Have I cheated in school or in a game?
- Do I fail to do my homework or do I do it poorly on purpose?
- Do I break things or treat things carelessly or wastefully?

8. You shall not bear false witness against your neighbor.

- Have I lied about anything?
- Have I said things about people that are not true?
- Have I told another person something I was supposed to keep a secret?
- Do I tell lies to make myself look good? To avoid punishment? To get others in trouble?

9. You shall not covet your neighbor's wife.

- Do I keep good thoughts in my mind about others that are respectful and pure?
- Do I turn away from things on TV and movies that might show people not respecting each other?
- Do I allow my parents to spend time with one another, or do I get jealous and want them to only focus on me?
- Do I get upset when I have to share my friends?
- 10. You shall not covet your neighbor's goods.
- Do I want too much the things or talents that others have?
- Am I willing to share my things with others, or am I selfish and want them only for myself?
- Am I happy with what I have and thank God and my parents for all they have given me?

