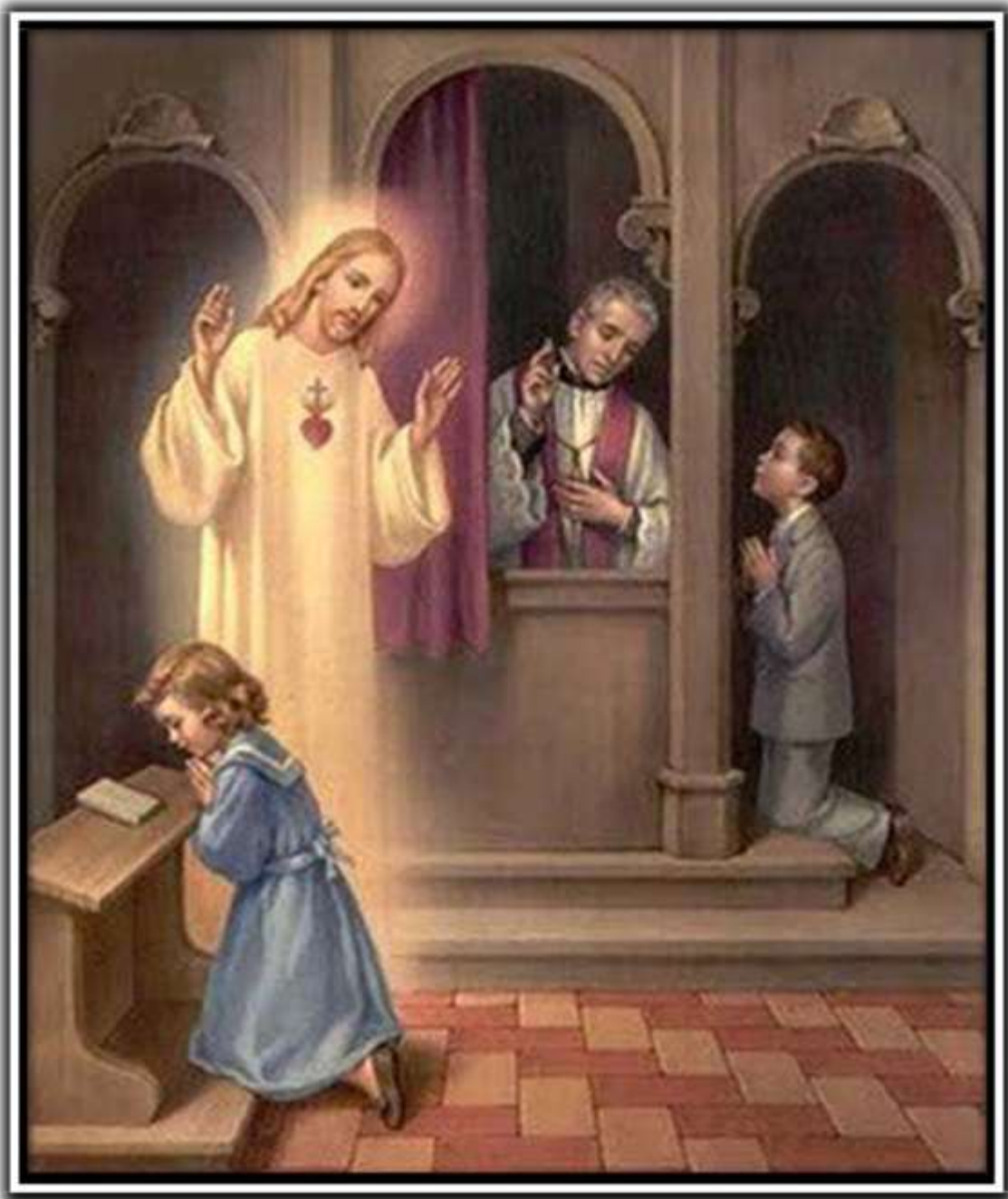


*Let the children come to me, and do not prevent them;
for the kingdom of heaven belongs to such as these. (Mt 19:14)*



*And all this is from God,
who has reconciled us to himself through Christ
and given us the ministry of reconciliation... (2 Cor 5:18)*

The Sacrament of Confession and Reconciliation has five primary steps.

1. Examination of Conscience.

Before going to confession, ask God to help you to remember your sins.

2. Confession of Sins.

Tell your sins to a priest in the sacrament of Confession.

3. Acceptance of Penance.

The priest will give you a penance. Penance usually is a prayer and may include some action on your part. You must do the penance for the sacrament to be complete.

4. Act of Contrition.

Being truly sorry for our sins, we pray the Act of Contrition.

5. Absolution.

The priest, in the name of the Father, and of the Son, and of the Holy Spirit, forgives your sin.



*MY GOD, I AM SORRY FOR MY SINS
WITH ALL MY HEART.*

*IN CHOOSING TO DO WRONG AND
FAILING TO DO GOOD,*

I HAVE SINNED AGAINST YOU,

*WHOM I SHOULD LOVE
ABOVE ALL THINGS.*

*I FIRMLY INTEND,
WITH YOUR HELP,*

TO DO PENANCE,

TO SIN NO MORE,

*AND TO AVOID WHATEVER
LEADS ME TO SIN.*

*OUR SAVIOR JESUS CHRIST
SUFFERED AND DIED FOR US.*

*IN HIS NAME, MY GOD,
HAVE MERCY."*

Sign of the Cross

*In the name of the Father,
and of the son,
and of the Holy Spirit. Amen.*

Glory Be

*Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning, is now,
and will be for ever. Amen.*

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. Amen.*

Hail Mary

*Hail Mary, full of grace,
the Lord is with thee!
Blessed are you 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.*

Apostles Creed

*I believe in God,
the Father Almighty,
Creator of Heaven and earth;
and in Jesus Christ, His only Son Our Lord,
who was conceived by the Holy Spirit
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended into Hell;
on the third day He rose again from the dead;
He ascended into Heaven,
and is seated at the right hand of God,
the Father almighty;
from there He shall come to judge the living
and the dead.
I believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.*

St. Michael Prayer

*Saint Michael, the Archangel,
defend us in battle, be our defense against
the wickedness and snares of the devil.
May God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly host,
by the power of God, thrust into Hell Satan
and the other evil spirits who prowl about the
world for the ruin of souls. Amen.*



EXAMINATION OF CONSCIENCE



- ❖ Do I think of God and speak to Him by praying to Him each day?
- ❖ Do I thank Jesus for all He has given me?
- ❖ Do I say a prayer before I eat?

- ❖ Do I speak about God with reverence?
- ❖ Have I used the name of God wrongly or in a bad way?
- ❖ Have I used bad language when I was angry?

- ❖ Do I go to Mass every Sunday?
- ❖ Do I listen and participate in Mass?
- ❖ Have I teased or distracted others during Mass by laughing, talking or playing?
- ❖ Do I do all I can to make Sunday a day of rest and joy for my family?

- ❖ Do I pay attention to my parents, priests and teachers when they talk to me?
- ❖ Do I obey my parents and teachers quickly or must I be reminded many times?
- ❖ Do I tell my parents or those in authority over me that I am sorry and ask them to forgive me when I don't obey them?

- ❖ Did I fight with my brothers, sisters or friends?
- ❖ Did I make fun or say mean things to anyone?
- ❖ Did I hit, kick or in any way hurt others on purpose?
- ❖ Was I willing to forgive those who hurt me?

EXAMINATION OF CONSCIENCE

- ❖ Did I watch movies or T.V. shows not meant for children?
- ❖ Did I tell or listen to naughty jokes?

- ❖ Did I remember to always tell the truth?
- ❖ Do I do all my class work and my chores well?
- ❖ Did I cheat in class or in a game?
- ❖ Did I take or damage something that did not belong to me?

- ❖ Do I help my brothers, sisters, and classmates when they need my help?
- ❖ Am I willing to play with everyone?
- ❖ Did I hurt other children by not letting them join in what we were doing: (example) – running away from them or leaving them without playmates?
- ❖ Do I say things about other people that are not true?

- ❖ Am I willing to share my things (for example: toys and games) with others?
- ❖ Was I jealous of other people; their toys, their homes, or their friends?



1. Enter the Confessional, make and pray the Sign of the Cross.

After the priest welcomes you, make the Sign of the Cross and say:

“In the name of the Father, and of the Son, and of the Holy Spirit.”

2. Tell your sins to the priest.

“Bless me, Father, for I have sinned, this is my first confession, and these are my sins.” (or, *“It has been _____, since my last confession,”*)

(Tell your sins at this time)

What you have done wrong? How many times did you do this?

When you have confessed all your sins, say:

“For these sins and all the sins of my past I am truly sorry.”

The priest may offer some advice to help you avoid sin in the future.

Listen carefully to what the priest says.

Ask questions if you do not understand.

3. The priest will give you a penance.

Listen carefully to what the priest says.

Ask questions if you do not understand.

4. Pray the Act of Contrition out loud.

*“My God,
I am sorry for my sins with all my heart.*

*In choosing to do wrong and failing to do good,
I have sinned against you,
whom I should love above all things.*

*I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.*

*Our Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy.”*

5. The priest pronounces the words of absolution.

Listen carefully to what the priest says.

*...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.*

6. You Respond:

“Amen.”

- ❖ The priest may say: “Go and sin no more” or “Go in peace.”

7. You Respond:

“Thanks be to God!”

8. Go do your penance.

- ❖ **As soon as possible go and do your penance** as the absolution is not complete until you have completed your penance.

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