

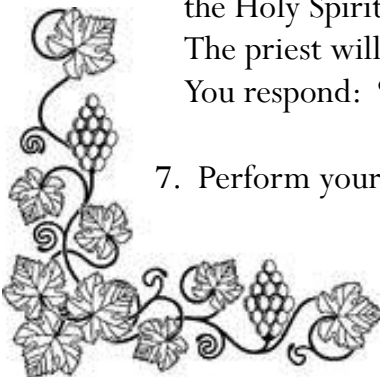
## Rite of Reconciliation How to go to Confession

1. Get yourself ready by making your *examination of conscience*, asking the Holy Spirit to help you know your sins.
2. After the priest greets you with the Sign of the Cross, make The Sign of the Cross and say:  
**“Bless me Father for I have sinned.  
It has been (say how long) since my last confession. These are my sins...”**
3. Tell your sins simply and honestly to the priest. Don’t be embarrassed.
4. When you are done listing your sins say:  
**“...I am sorry for these sins and all the sins I can’t remember.”**
5. Listen to the advice the priest gives you and accept the *penance* from him.  
Then make an *Act of Contrition* for your sins. This is a prayer that says how sorry you are for your sins.

**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.  
Amen.**

6. The priest will then pray the *Prayer of Absolution*, and your sins will be forgiven. When you hear him say “I absolve you of your sins, in the name of the Father, and of the Son, and of the Holy Spirit,” make the sign of the cross.  
The priest will then conclude with the words: “Go in Peace.”  
You respond: **“Thanks be to God.”**

7. Perform your penance as soon as possible.



## An Examination of Conscience for Children

Have I missed Sunday Mass through my own fault?  
Did I pay attention at Mass? Have I fooled around in Church?  
Did I say my prayers every day?  
Did I put my trust in superstitions, good luck charms, rather than God?  
Did I say mean things to my mom or dad? Have I respected them?  
Did I always say "Please" and "Thank You" to people?  
Have I used the names of "God" or "Jesus" in anger? Have I cursed?  
Have I used foul language? Have I wished evil on another?  
Am I hard to get along with...during school, at Grandma's, at home...?  
Did I do what my mom and dad told me to do? My teacher?  
Was I lazy around the house?  
Did I do my chores?  
Did I hurt others people's feelings by calling them bad names or making fun of them?  
Did I say mean things about others behind their backs?  
Have I started fights with my brothers and sisters at home?  
Have I blamed other people for things I do?  
Did I get other people into trouble? Did I try to get others to do bad things?  
Do I hit people when I get mad?  
Have I forgiven people? Or am I holding a grudge?  
Have I cheated or been unfair in games?  
Did I refuse to play with someone for no good reason?  
Was I was lazy about my schoolwork?  
Did I fail to do my homework?  
Did I cheat in school?  
How many times did I lie to my parents? My teachers? My friends?  
Did I lie to make myself look good? Avoid punishment? Get another in trouble?  
Did I take anything that didn't belong to me?  
Did I destroy or misuse anything that didn't belong to me?  
Did I sneak food or candy when I wasn't supposed to?  
Did I avoid medicine? Did I refuse to eat food I didn't like?  
Do I treat my body and other people's bodies with purity and respect?  
Do I look at television shows, movies, or pictures that are bad?  
Have I been jealous of the things or abilities that others have?  
Are there people I avoid because they are different?  
Have I been thankful to God and my parents for the things they have given me?  
Do I share with my family, friends and those in need the things I have been given?  
What other sins have I committed?