

Five Steps to a Good Confession:

1. Examine your conscience
2. Be sorry
3. Make a promise to do better
4. Confess your sins
5. Do penance

Act of Contrition

My God, I am sorry for my sins with all of my heart. In failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, 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.

Confession Formula

Bless me Father for I have sinned (make the Sign of the Cross). It has been (tell how many days, weeks, or months, etc..) since my last confession.

These are my sins. (say your sins). I am sorry for all of my sins throughout my life, and for the sins I may have forgotten.

Father listens to your sins and then will give you advise as to how to do better.

He will give you a penance to do.

Say the Act of Contrition.

Father will say "I absolve you of your sins in the name of the Father, and the Son, and, the Holy Spirit." Make the Sign of the Cross with him and say **Amen.**

Father will say to "Go in peace." You say **Thanks be to God.**

Go back to your pew and do your penance.

An Examination of Conscience for Children

- Did I pay attention at Mass?
- Have I fooled around in Church?
- Did I say my prayers everyday?
- Did I say mean things to my mom or dad?
- Did I always say "thank you" to people?
- 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 other people's feelings by calling them bad names?
- 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?
- Do I hit people when I get mad?
- Have I forgiven people?
- Have I cheated or been unfair in games?
- Did I refuse to play with someone?
- Do I try my best at school?
- Do I do my homework?
- Did I cheat at school?
- Did I lie to my parents, teachers, or friends?
- Did I take anything that didn't belong to me?
- Did I refuse to take medicine I need to take?
- Did I refuse to eat food I didn't like?

The 10 Commandments for Children

1. **I am the Lord, your God: you shall not have strange gods before me.**
Put God first in your life.
2. **You shall not take the name of the Lord your God in vain.**
God's name is holy. Say it with love.
3. **Remember to keep holy the Lord's Day.**
Go to church on Sunday.
4. **Honor your father and your mother.**
Love and obey your parents.
5. **You shall not kill.**
Never hurt others
6. **You shall not commit adultery.**
Show respect to your body and others bodies.
7. **You shall not steal.**
Do not take or damage what belongs to others.
8. **You shall not bear false witness against your neighbor.**
Tell the truth.
9. **You shall not covet your neighbor's wife.**
10. **You shall not covet your neighbor's goods.**
*Be thankful for what you have.
Do not be jealous of others.*