



Prayer for a Good Confession:

Come, Holy Spirit, into my soul. Show me my sins, both the wrong that I did and the good I failed to do. Give me the grace to be sorry for my sins out of love for God, so that through Confession my soul might be healed and strengthened to do good.

Amen!

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An Examination of Conscience for Children:

The following examination of conscience is by Fr. Thomas Weinandy.

Responsibilities to God:

- Have I prayed every day?
- Have I prayed my morning prayers and night prayers?
- Have I prayed with my parents and family?
- Have I been moody and rebellious about praying and going to church on Sunday?
- Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
- Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others:

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
- Have I gotten angry at them? Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I treated other children with respect or have I made fun of them and called them names?
- Have I used bad language?
- Have I stolen anything? Have I returned it?

- Have I performed my responsibilities, such as homework and household chores?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?

How to go to confession:

1: First, pray to the Holy Spirit to help you, then examine your conscience (see above). Plan what sins you will tell the priest.

2: After the priest greets you, make the Sign of the Cross.

Say: "Bless me, Father, for I have sinned. It has been (state how long) since my last confession. These are my sins."

3: Tell your sins simply and honestly to Jesus, who acts through the priest. Feel free to tell why you did what you did if you need to!

4: Listen to the advice the priest gives you and remember the penance he tells you to do.

Say: The Act of Contrition (below).

Lord Jesus, I am sorry for my sins. Have mercy on me and help me to love you with all my heart

6: The priest will then dismiss you.

7: Do your penance in the Church right away if you can! Then thank God for his mercy