

## Guide to Confession (Younger Children)

Make a good examination of conscience before going into confession.

Examination of conscience (*sins which could be mortal sins are italicized*)

- 1. Have I been faithful to God? (Being called to love God with my whole heart, mind, and soul)**
  - a. *Have I missed Mass on Sundays or holy days of obligation? Did I try to pay attention at Mass or did I fool around or distract others?*
  - b. *Have I received communion after committing a serious sin and not gone to confession?*
  - c. Have I asked God's forgiveness by confessing all the sins I can remember? *Did I choose not confess a serious sin I did when I went to confession before?*
  - d. Have I prayed every day or did I choose not to pray every day?
  - e. Have I spoken God's name in bad way?
- 2. Have I been faithful to my parents and family?**
  - a. Have I obeyed my parents or teachers? Did I respect them? Did I do what they asked me to do?
  - b. Have I lied? Did I blame others for things I did?
  - c. Did I thank others when they were kind to me?
  - d. Am I responsible with my chores? Was I lazy?
  - e. Have I fought with my brothers and sisters?
  - f. Have I been a bad example to my brothers and sisters?
  - g. Did I watch TV or use things when I was not supposed to? Did I watch shows I was not supposed to?
- 3. Have I tried to be holy? Am I trying to live virtuously and imitating Christ?**
  - a. Have I been angry or jealous of others?
  - b. Have I been hateful toward others or wished harm upon others?
  - c. Did I say or do mean things to others? Have I hurt others by my words or by my actions (did I hit someone? Did I hurt anyone in a serious way?)
  - d. *Did I choose to hurt myself?*
  - e. Have I said swears or spoken in a bad way?
  - f. Have I spoken in a mean way of others?
  - g. Have I always told the truth about myself and about others?
  - h. Have I spoken or thought impurely?
  - i. *Have I looked at dirty pictures?*
  - j. *Have I stolen?*
  - k. Have I been selfish about the things I want?
  - l. Have I been generous with the things I own?
  - m. Have I cheated?
  - n. Do I do my school work when I am supposed to?
  - o. *Have I encouraged others to commit sins?*

Go to confession with sorrow for your sins and be sure you do not want to commit these sins again.

### Different types of sin:

- 1) VENIAL SINS – These are the small sins which displease God and effect our ability to love God, but not serious enough to take away God's grace in our life.
- 2) MORTAL SINS – These are the serious sins that take God's grace away from our life. Something is a mortal sin if it is serious (what is called grave matter), we know it is wrong, and we choose to do it.

**When in confession:**

Begin: You make the Sign of the Cross and say: **“Bless me father for I have sinned, it has been \_\_\_\_\_ since my last confession and here are my sins.”**

Confess your sins (serious sins we must confess: type of sin and how often committed)

Listen to the advice the priest gives you and accept the penance he gives you to do.

Pray the Act of Contrition (say whatever version you know - below is one version)

**Act of Contrition**

**“O, My God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments; but most of all, because they offend you, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin.”**

Receive absolution from the priest where the pray will forgive you of your sins.

Make your penance