



# FIRST CONFESSION



## Questions for the STUDENT INTERVIEW WITH THE PRIEST:

1. Know your prayers: The OUR FATHER, HAIL MARY, and GLORY BE. Make the SIGN OF THE CROSS properly and with the correct words. Pray (recite) the ACT OF CONTRITION (sorrow).

**O my God, I am heartily sorry for having offended You.  
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 confess my sins, to do penance, and to amend my life. Amen**

2. What is a sacrament? A sacrament is an outward sign, instituted by Christ, to give grace.
3. How many sacraments are there? **7 Sacraments:** Baptism, Reconciliation, Holy Communion, Confirmation, Matrimony, Holy Orders and Anointing of the Sick.
4. What is the sacrament of Baptism?
  - A. It is the sacrament by which Original Sin is washed away.
  - B. Sanctifying Grace is given.
  - C. We become members of God's Family.
5. What is Sanctifying Grace? It is God's life; it is God's gift to us that makes us holy. We lose it when we commit a mortal sin.
6. What is sin? It is an offence against God; a turning away from God; disobedience.
7. How many types of sin are there? Two.
  - A. ORIGINAL SIN (committed by Adam and Eve)
  - B. ACTUAL SIN- (sins that I personally commit).
8. What is temptation? It is an occasion of sin, but it is not a sin in itself.
9. What happens when people die in mortal sin? They go to hell. How many does it take? 1 Mortal Sin
10. Can sin (Both Mortal and Venial) be forgiven? Yes! Jesus always talks about forgiveness. E.g. parable of the prodigal son Lk 15:11-32, the lost coin Lk 15:8-10, the lost sheep Lk15:1-7 & Mk18:10-14.
11. How can we be forgiven? Through the Sacrament of Confession, also called Reconciliation, Penance.
12. When did Jesus give us the Sacrament of Reconciliation? On the night He rose from the dead. Easter. He told the apostles: "Whose sins you shall forgive, they are forgiven; those you retain, will be retained."
13. Whom did Jesus forgive when He was on earth? The woman taken in adultery Jn 8:1-11; the paralytic who was let down from the roof Mk 2:1-12.

14. Why can't I just tell God that I am sorry? Because Jesus wants the priest to forgive sins; sins not only offend God but also His church and the priest represents both. Besides, we need to know and hear that we are forgiven.
15. Do we have to be sorry for our sins? YES!
16. What is sorrow for sins? Sorrow for sin, means that one will really do their best not to commit that sin(s) again.
17. What sins must we confess? Tell the Priest all of your sins, YOU MUST CONFESS YOUR MORTAL SINS
18. How do you go to Confession?
1. Make an examination of conscience before entering the confessional.
  2. Enter into the confessional, close the door and either sit or kneel.
  3. Greet Father
  4. Make the sign of the cross & say:  
BLESS ME FATHER FOR I HAVE SINNED: THIS IS MY FIRST CONFESSION.  
(On your next visit you will say Bless me Father for I have sinned, it has been 6 months since my last confession).
  5. Father will respond to you with words from Sacred Scripture.
  6. Confess your sins to the Priest, tell the Priest what you have done wrong.
  7. Listen to what Father tells you and accept the penance he gives.
  8. Say the Act of Contrition (sorrow) out loud. Wait for the priest to forgive you (absolution).
  9. Thank Father
  10. Leave the confessional, go back into the church, kneel and say your penance.
19. What is an examination of conscience? It is looking into your mind and heart and seeing what sins you have committed against God's commandments.
20. If you tell your sins to the priest, can he tell anyone else? NO. For NO reason whatsoever. This is called the seal of confession.
21. Why do we make the sign of the cross with the Holy Water? To remind us that water of our baptism took away sin and gives us God's life.
22. What Christian denomination do you belong to? I belong to the Catholic Church.

**Parents: Teach Your Child How to genuflect:**

To genuflect correctly, 3 things must happen:

- 1- Bend the right knee to the floor.
- 2- Hold the head and the upper part of the body erect, do not slouch.
- 3- Rise again without delay.

When we genuflect, we face to the TABERNACLE, where the consecrated hosts are kept. This action expresses our belief that Jesus is present in the host (Real Presence) and we are worshipping Christ. When genuflecting; it is not a requirement of the Universal Church to make the sign of the cross, but at St. Andrew the Apostle School, that is our custom.

**GRACE BEFORE MEALS:**

Bless us O Lord, and these thy gifts, which we are about to receive from thy bounty,  
Through Christ, our Lord. Amen.

**GRACE AFTER MEALS:**

We give you thanks O Almighty God, for all your gifts, which we have received from thy bounty,  
Through Christ our Lord. Amen