



A Child's Going to Confession

[Before I go to confession, I begin with an *Examination of Conscience*. I ask God to help me to think about my everyday choices - my words and actions.]

Father welcomes me. Together we make the **Sign of the Cross**.

Bless me Father, for I have sinned. This is my first confession or how long it has been since my last one.

Tell the priest the one or two things you really want to work on and change and do better.

For these and for all my sins I am sorry and ask your forgiveness, father...

Father will give you a penance to do (a prayer to say or a good deed to do) and then ask you to say the Prayer of Sorrow.

Prayer of Sorrow

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. Amen

Priest: Prayer of Absolution giving you God's forgiveness.

"God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Respond: "Amen".

Father concludes, The Lord has freed you from your sins, go in peace.

You say, **Thank you father.**

A Child's Examination of Conscience

Leader: Our relationship with God is the most important thing in our lives. God wants us to remain close to God and to share God's love with others. Let us now examine our conscience to see if we are living according to how Jesus taught us, *"Love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the first and greatest commandment."* The second is like it: *"Love your neighbor as yourself."*

(Matthew 22:37-40)

- Reader 1: Do I pray often so I can be close to God?
- Reader 2: Do I thank God for my family and friends and all God's gifts of creation?
- Reader 3: Do I use the talents and gifts God has given to me to help others?
- Reader 4: Do I listen to and obey my parents, teachers and others who take care of me?
- Reader 5: Do I respect what belongs to others?
- Reader 6: Do I get along with others in my words and actions?
- Reader 7: Do I forgive others when they hurt me?
- Reader 8: Do I bring peace to my school and community?
- Reader 9: Do I tell the truth?
- Reader 10: Do I always try to do the right thing, even when it is difficult?
- All: **God loves us and is always ready to forgive our sins.**

(Share a sign of peace with one another.)



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