

Guide to Confession and Examination of Conscience for Young Children



Prepare

Prepare your hearts and mind with prayer. Be still and quiet, then pray:

“Lord, please help me recognize all the sins that I have committed, to sin no more and make a good confession.”

Confession

You may sit face-to-face with the priest or stay behind the screen.

Make the sign of the cross

Say the following:

“Bless me Father, for I have sinned, my last confession was _____ (share when it was).”

Confess your sins

When you are done confessing your sins, say, **“Father, these are the sins I can remember and I am sorry for them. Please forgive me.”**

Listen to the priest carefully on what you need to do for Penance.

The priest will ask you to say the Act of Contrition.

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. Our Savior, Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

Make the Sign of the Cross when you hear Father say:
“I absolve you from your sins, In the name of the Father and of the Son and of the Holy Spirit.”

You say, **“Amen”** and **“Thank you”** to Father. Then leave to go do Penance. Spend time in prayer thanking God for forgiving you of your sins.

Examine my life based on the 2 Great Commandments

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 missed Mass and Holy Day of Obligation?
Do I pay attention in Mass?
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?

