

## Sacrament Review Steps

1. Have child draw out 3-5 sins.
2. Go through the steps until your child is comfortable.
3. To prepare, have your child spend time reading over the *Walk Through the Sacrament of Reconciliation. The Maxims and Examination of Conscience*.
  - a. Anytime they have not loved God and loved their neighbor are occasions of sin. Those Two Great Commands. Walk them through the 10 Commandments and Maxims on this sheet and discuss ways in which they apply to your child.

### THE SACRAMENT OF RECONCILIATION - CHILD

1. Draw out 3 sins that you will confess.
2. Make the *Sign of the Cross*, say as the priest says: *"In the name of the Father, and of the Son, and of the Holy Spirit. Amen. May God who has enlightened every heart, help you to know your sins and trust in his mercy."*
3. When he is done, you say: **Forgive me father for I have sinned. This is my first confession.**
  - a. (Next time you'll say: *"Forgive me father for I have sinned. It has been length of time since my last confession".*)
4. (List your sins) say: **Today I want to confess that I \_\_\_\_\_... when you are done continue with: For these and all the sins I have forgotten, I ask God's forgiveness.**
5. **Pause and listen.** The Priest talk to you and then give you a penance. The priest will ask you to say your Act of Contrition.
6. Say your Act of Contrition:
  - a. **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.**
7. The priest will give you absolution. **Make the Sign of the Cross** at the end as he says *"In the name of the Father, Son, and Holy Spirit. Give thanks to the Lord for he is good."*
8. You say: **His mercy endures forever.**
9. Priest says: *Go in peace.*
10. You say: **Thank you, Father.**

## THE SACRAMENT OF RECONCILIATION – PARENT – ACTING AS THE PRIEST

1. Child will draw out 3 sins to confess.
2. Acting as the priest make the *Sign of the Cross*, say as you say: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen. May God who has enlightened every heart, help you to know your sins and trust in his mercy.**
3. The child will say *“Forgive me father for....”*
4. The child will say their sins...then say... *“For these and all the sins I have forgotten, I ask God’s forgiveness.”*
5. *Acting as the priest say:* **You have made a good first confession. For your penance you can say 3 Hail Mary’s (or Our Father, or read a Bible verse, etc.) Now you may say your Act of Contrition.**
6. *The child will say their Act of Contrition.*
7. *Acting as the priest you say:* the words of absolution: **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 (make the sign of the cross) in the name of the Father, and of the Son and of the Holy Spirit. Amen. Give thanks to the Lord for he is good.**
8. *Child says:* His mercy endures forever.
9. *Acting as the priest you say:* **Go in peace.**
10. *Child says:* Thank you, Father.

## Sins to draw from:

I took my brothers gum even though he said no

I did not listen to my mom when she asked me to do my homework

I looked at my classmates answer to the Math problems

I lied to my dad when he asked me if I broke the window

I wanted my friend's baseball glove so badly, I did not even want them to have it.

I took a candy bar from the store without asking or paying

I lied to my teacher when I forgot to do the homework and told her I forgot it at home

I lied to my mom and said I was sick because I didn't want to go to school

I said our Lord's name without love 2 times last week

I was angry and hit my brother

I was angry and threw my sister's doll in the garbage

I was disrespectful to my coach last week

I cheated in Monopoly last night

I have not prayed to God in 3 days

I used bad language at home two days ago