

# Confession for Children

## A STEP BY STEP GUIDE



### 1. PRAY

#### ASK GOD TO HELP YOU PREPARE TO MAKE A GOOD CONFESSION

O God, I love you and I wish to love you more every day. Help me to see how I have sinned. Help me to be sorry for my sins. Help me to make up my mind to be better in the future. Amen.



### 2. EXAMINE

#### THINK ABOUT HOW YOU HAVE HURT YOUR RELATIONSHIP WITH YOURSELF, OTHERS AND GOD

Before you go to see the priest, ask yourself "What have I done that I know was wrong?"

*Have I forgotten to say my prayers? Did I miss Sunday Mass and was it my fault? Have I behaved well at home or at school? Have I used bad language? Have I listened to my parents and teachers? Have I hurt anyone or played unfairly? Have I spoken poorly about anyone? Have I been mean to other people? Have I bugged my parents to buy me things? Have I taken things that don't belong to me? Have I been jealous or told lies?*



### 3. CONFESS

#### CONFESS YOUR SINS TO JESUS THROUGH THE PRIEST

- 1 Begin by making the Sign Of The Cross and say:  
**"Bless me, father, for I have sinned. It has been \_\_\_\_\_ since my last confession and these are my sins."**
- 2 Tell your sins to the priest.
- 3 When you have said all your sins, say:  
**"For these and for all of my sins I am truly sorry."**



### 4. RECEIVE

#### THE PRIEST WILL ASSIGN YOU A PENANCE AND HELP YOU TURN TOWARDS GOD

Listen to the priest. He may say things to help you better follow Jesus. The priest will give you a penance: he may ask you to say a prayer or do something nice for someone to help you come closer to God.

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### 5. CONTRITION

SHOW YOUR DESIRE TO CHANGE

#### 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.



### 6. ABSOLUTION

THROUGH THE PRIEST, JESUS FORGIVES YOUR SINS

The priest will hold his hand over you and pray the 'Prayer of Absolution'. You reply: **"Amen"**



### 7. GO!

YOUR SINS ARE FORGIVEN!

Make up your mind to try to love God with all your heart, soul and mind and to love your neighbor as yourself. Don't forget to do your penance as soon as you can.

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