

# Preparing For Confession: A Guide for Grade School Kids

(adapted from [www.bereconciledtoGod.com](http://www.bereconciledtoGod.com))

## STEPS TO A GOOD CONFESSION:

### 1) Prepare for Confession

- a) Ask the Holy Spirit to help you to know your sins
- b) Use this handout (called an “examination of conscience”) to help you to call to mind your sins since your last confession.
- c) Ask Jesus for help in avoiding things that keep you from receiving and giving His love.

### 2) Make a Good Confession

- a) Choose to kneel (anonymous) or sit (face-to-face)
- b) Make the Sign of the Cross and then say: "**Bless me Father for I have sinned, it has been [how long] since my last confession, and these are my sins \_\_\_\_\_**"
- c) Confess your sins. When you are done confessing your sins, say: "**For these and all my sins I am sorry**" So that the priest knows you are finished.
- d) The priest may give you some advice and will give you a penance to do after your confession. Remember your penance.
- e) Pray your Act of Contrition
- f) The priest will give you absolution. Make the sign of the cross as he says "...in the name of the Father and of the Son, and of the Holy Spirit."
- g) The priest will dismiss you. Respond: "Thanks be to God."

### 3) Do Your Penance

- a) Pray the prayers or do the thing the priest asked you to do for your penance
- b) Thank God for his mercy



Jesus loves you and wants you to be truly happy. We are most happy when we are living as Jesus' friends. Sin leads us away from Jesus. We can always come to Him when we are sorry and he **always** forgives us. Reconciliation is a wonderful chance to be forgiven and get the help we need to love God and other people in the way we should. Do not be scared because of your sins. God loves you and wants to forgive you and assure you that He will always forgive you and help you when you ask for His help.

## AN EXAMINATION OF CONSCIENCE FOR KIDS

- Do I pay attention at Mass?
- Have I fooled around in Church?
- Did I say my prayers every day?
- Have I loved myself, knowing that God loves me so very much, or do I put myself down?
- Did I say mean things to my mom or dad?
- Did I always say "Thank You" to people?
- Am I hard to get along with (during school, at Grandma's, at home)?
- Did I do what my mom and dad told me to do? My teacher?
- Was I lazy around the house?
- Did I do my chores?
- Did I refuse to eat food I didn't like?
- Did I hurt others people's feelings by calling them bad names?
- Have I started fights with my brothers and sisters at home?
- Have I blamed other people for things I do?
- Did I get other people into trouble?
- Do I hit people when I get mad?

- Have I watched TV, movies or things on the internet that I am not supposed to?
- Have I respected my body?
- Have I forgiven people?
- Am I holding a grudge?
- Have I cheated or been unfair in games?
- Did I refuse to play with someone for no good reason?
- Was I was lazy about my schoolwork or not do homework?
- Did I cheat in school?
- Do I lie to my parents? My teachers? My friends?
- Did I take anything that didn't belong to me?

### 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.