



A step-by-step Confession guide for children



Confession can be a liberating moment for children, in which they leave their sins behind and embrace Jesus.
As Pope Francis said, "Do not be afraid of Confession!"

1. Before coming to the church, do an Examination of Conscience (see below) to help you prepare. Pray to the Holy Spirit to help you to remember your sins.
2. After the priest greets you, make the Sign of the Cross with him.
3. Say "Bless me, Father, for I have sinned. This is my first Confession, and these are my sins." (*For times in the future you would say "It has been (state how long) since my last Confession."*)
4. Tell your sins simply and honestly to Jesus, who acts through the priest. Feel free to tell why you did what you did if you need to! When you have finished, say, "*For these and all my sins, I am truly sorry.*"
5. Listen to the advice the priest gives you and remember the penance he tells you to do. The penance will most likely be a few prayers (like the Our Father, Hail Mary, or Glory Be).
6. Say the Act of Contrition:
*O my God,
I am sorry for having sinned.
I love you with all my heart.
With your help I will try not to sin again.
Amen.*
7. The priest will then dismiss you. If the priest has given you prayers to say as your penance, return to your pew to say them before going home. Then thank God for his mercy!

Children's Examination of Conscience

- ✠ Did I make time to talk to God every day in prayer?
- ✠ Did I pay attention at Mass?
- ✠ Have I listened to my parents, teachers, and the other adults who take care of me?
- ✠ Did I do my chores?
- ✠ Did I say mean things to or about anyone?
- ✠ Did I try to be kind and polite to everyone?
- ✠ Did I ignore someone who needed my help?
- ✠ Did I hurt others people's feelings by calling them bad names?
- ✠ Have I started fights with my siblings or friends?
- ✠ 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 forgiven people who have hurt me?
- ✠ Have I cheated in school?
- ✠ Was I was lazy about my schoolwork?
- ✠ Have I cheated or been unfair in games?
- ✠ Did I refuse to play with someone for no good reason?
- ✠ Have I lied to anyone?
- ✠ Did I take anything that didn't belong to me?
- ✠ Have I been jealous of others for the things they have?