

# My Guide to Confession For Kids

Saint Ann's Catholic Church, Manlius NY



Penance by Del Parson

Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." *Matthew, 19:14*

## Before going to confession, do an Examination of Conscience

**Pray:** Come Holy Spirit; help me to know my sins, confess them to the priest, and to be truly sorry for them. Amen

**Think about the bad choices you made. Think about the 10 commandments and anytime you disobeyed them.**

- Did I lie to my parents? My teachers? My friends?
- Did I take anything that didn't belong to me?
- Did I say mean things to my mom or dad?
- Did I do what my mom and dad told me to do?
- Did I do my chores?
- Did I fight with my brothers or sisters or friends?
- Did I call someone bad names?
- Did I hit someone when I got mad?
- Am I hard to get along with?
- Have I blamed other people for something I did?
- Did I get other people into trouble?
- Have I said "I'm sorry" after being mean to someone, or disobeying my parents?
- Have I cheated or been unfair in games?
- Did I cheat in school?
- Did I complain about doing my homework?
- Have I fooled around in church during Mass?

## Reconciliation Steps

1. **The priest welcomes you** and prays the Sign of the Cross with you. Then you say: "**Bless me Father for I have sinned. This is my first Confession and these are my sins...**"
2. **Confess your sins.** The priest may talk to you to help you.
3. **The priest gives you a penance.** This can be prayers to say or good deeds to do. Remember your penance so you can do it.
4. **I Pray the Act of Contrition** to say "I'm sorry"  
**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.**
5. **The Priest absolves you** "in the name of the Father, and of the Son, and of the Holy Spirit."
6. The priest will dismiss you by saying, "Go in peace." You can say "**Thank you Father.**"

## Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

but deliver us from evil. Amen.

and lead us not into temptation, as we forgive those who trespass against us,

and forgive us our trespasses, Give us this day our daily bread,

on earth as it is in heaven.

thy will be done

thy kingdom come,

hallowed be thy name.

Our Father, who art in heaven,

## Lord's Prayer (Our Father)

now, and at the hour of our death. Amen

Pray for us sinners,

Holy Mary, Mother of God,

And blessed is the fruit of thy womb, Jesus.

Blessed art thou among women,

The Lord is with thee.

Hail Mary, full of grace,

## Hail Mary