

## How To Go To Confession

Father: will greet you

You: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

You: Forgive me Father, for I have sinned. It has been \_\_\_\_ months (or days or weeks) since my last confession.

You: Tell Father your sins (items marked at the right)

Father: will give you your penance

You: Pray the Act of Contrition

O my God, I am heartily sorry for having offended you,  
and I detest all my sins because of your just  
punishment, but most of all because I have offended  
You, my God, who is all good and deserving of all my love.  
I firmly resolve, with the help of Thy grace, to sin no  
more, and to avoid the near occasion of sin.  
Amen.

Father: will pray the words of absolution and your sins are forgiven

You: Thank you, Father

You: Leave the confessional to do your penance and spend time in prayer in the church.



## My Examination of Conscience

- |  |   |
|--|---|
| <input type="checkbox"/> I was disrespectful to God  | <input type="checkbox"/> I fought with my brother or sister             |
| <input type="checkbox"/> I didn't listen to my parents (or teacher, or someone else in charge) | <input type="checkbox"/> I complained, whined, or begged                |
| <input type="checkbox"/> I didn't follow my parent's or school's rules                         | <input type="checkbox"/> I had mean thoughts about someone              |
| <input type="checkbox"/> I used mean words   | <input type="checkbox"/> I would not forgive someone who was sorry      |
| <input type="checkbox"/> I did not tell the truth  | <input type="checkbox"/> I did not apologize when I did something wrong |
| <input type="checkbox"/> I took what was not mine  | <input type="checkbox"/> I did not do my homework or chores             |
| <input type="checkbox"/> I purposely hurt someone  | <input type="checkbox"/> I was wasteful                                 |
| <input type="checkbox"/> I looked at books, movies, or TV that was not good for me             | <input type="checkbox"/> I did not pray every day                       |
| <input type="checkbox"/> I was rude  | <input type="checkbox"/> I was not prayerful in church                  |
| <input type="checkbox"/> I teased or bullied someone   | <input type="checkbox"/> Other: _____                                   |
| <input type="checkbox"/> I did not clean up my mess  | _____   |
| <input type="checkbox"/> I was selfish or did not share  | _____   |
| <input type="checkbox"/> I ignored someone in need of help                                     | <input type="checkbox"/> Other: _____                                   |
| <input type="checkbox"/> I did not respect my body by eating well, getting good sleep, etc.    | _____   |
|  | _____   |