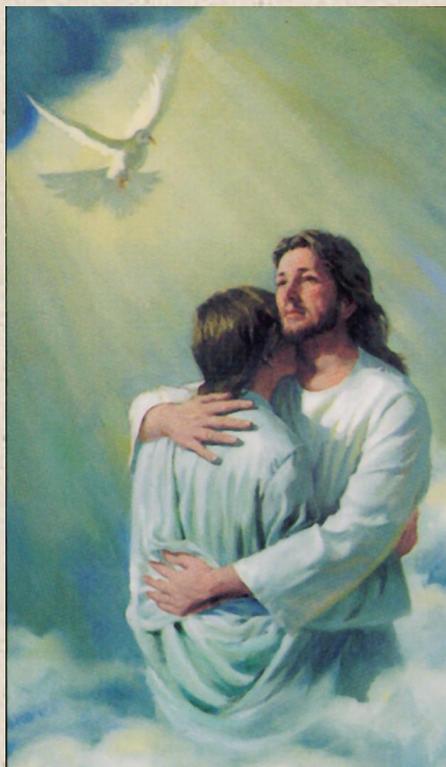


*A Guide for Confession
for Grade School Students*



**Meeting Our Loving and
Merciful Lord**

Guide for Confession

Prepare for Confession

1. Do an Examination of Conscience (See Aid below).
2. You must have contrition for your sins, that is:
 - a. Sorrow for sins committed
 - b. Hatred for sins committed
 - c. Resolution not to sin again.

Going to Confession

1. RECEPTION OF THE PENITENT

The priest welcomes the penitent and greets him with kindness. The penitent along with the priest makes the sign of the cross:

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

Penitent: Amen.

The priest may invite the penitent to have trust in God, in these or similar words:

Priest: May God, who has enlightened every heart, help you to know your sins and trust in his mercy.

Penitent: Amen.

2. READING OF THE WORD OF GOD (Optional)

Priest: Let us listen to the Lord as he speaks to us through the Scriptures. (*He then reads a short passage.*)

3. CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

Priest: How long has been since your last confession?

Penitent: (*Mention the amount of time since you last confessed.*)

Priest: What are your sins?

Or, the penitent can say a general formula for confession before he confesses his sins, such as:

Bless me father for I have sinned my last confession was... And these are my sins.

Penitent: (*Confess your sins. At the end you can say: "For these and all the sins of my life, I am sorry."*) *The priest may ask you some questions for clarification. Then he may counsel you on a point or two from your confession.*

Priest: For your penance...

Priest: Now, please say your Act of Contrition.

Penitent: (*Say one of the following Act of Contritions.*)

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.

Or

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

Priest: *(Prays the prayer of absolution.)*

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God grant you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

Penitent: Amen.

4. DISMISSAL

Priest: Your sins are forgiven. Go in peace.

Penitent: Thanks be to God.

or

Thank you Father.

An Aid to Examination of Conscience

Responsibilities to God (Commandments 1-3):

Do I put money, sports, or other things before God?

Do I use God's name in anger?

Have I used bad language?

Have I purposefully missed Mass on Sunday (or Saturday night) or Holy days?

Have I misbehaved in church?

Do I pray to God every day?

Responsibilities to others (Commandments 4-10):

Have I been obedient and respectful to my parents?

Am I respectful to teachers and classmates in the classroom?

Do I disrupt the class by talking or trying to draw attention to myself, making it hard for others to learn?

Have I been helpful and loving toward my family?

Have I done my chores without complaining?

Do I do my chores without being reminded?

Do I get along with my brothers and sisters?

Have I fought with or hurt anyone with my words or deeds?

Have I call anyone names or talk about them behind their back?

Do I hold grudges and try to get even with others?

Have I been unkind and selfish with my friends?

Have I pouted and been moody?

Have I gotten angry at someone?

Have I told mean things about anyone?

Have I stolen anything?

Have I damaged what belongs to someone else?

Have I lied to my parents or to others?

Do I play fairly; have I ever cheated at school or games?

Do I exclude others from play or activities because they are different?

Have I hurt someone by what I have said or done?

Have I copied someone else's homework?

Have I been jealous of the friends that someone else has?

Have I nagged my parents into buying things because my friends have them?

Have I helped others when they needed help?