

# GUIDE FOR CONFESSION

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

**CHILD:** Amen. Bless me, Father, for I have sinned. It's been \_\_\_\_\_ since my last Confession. I am sorry for...

(list your sins)

I am sorry for these and all of my other sins.

**PRIEST:** (He may offer some advice to help you avoid sin and grow in virtue. He will then assign you a penance to pray after your Confession, and will ask you to pray an Act of Contrition.)

**CHILD:** 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.

**PRIEST:** 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 give 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. Your sins are forgiven you, go in peace.

**CHILD:** Thanks be to God.

# PENANCE PRAYERS

*After Confession, pray the penance the priest assigns you. This is how you make amends for your sin. Be sure to ask the priest or your parents for help if you have any questions about your penance!*

## THE OUR FATHER

Our Father, Who art in Heaven, hallowed be Thy Name. Thy Kingdom come. Thy Will be done on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

## THE HAIL MARY

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

## THE DOXOLOGY ("The 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.



St. Thomas Aquinas University Parish  
Religious Education Program  
dre@stauva.org

# CONFESSION FOR CHILDREN



**PREPARE** for Confession by examining your conscience to learn what sins you have committed.

**CONFESS** every sin and ask God's pardon.

**LISTEN** to the words of the priest as he advises, assigns a penance, and speaks the prayer of absolution, cleansing you of all of your sins.

**PRAY** the assigned penance, making amends for your sins.

**GO IN PEACE!**

---

# HOW DO I PREPARE FOR CONFESSION?

*I prepare to make a good Confession by examining my conscience and determining the ways I have hurt my relationship with God through sin.*

## 1. I am the Lord, your God. You shall not have strange gods before Me.

- Do I pray every day?
- Do I trust in superstitions or good luck charms instead of God?
- Do I put anything ahead of God?
- Have I disobeyed any teachings of the Church?
- Have I pretended I was not Catholic?

## 2. You shall not take the name of the Lord, your God, in vain.

- Have I said the words "God" or "Jesus" angrily or flippantly?
- Have I used bad language?
- Have I wished evil on someone?

## 3. Keep holy the Lord's day.

- Have I missed Mass on Sunday or a Holy Day of Obligation?
- Do I arrive at Mass late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer and rest?

## 4. Honor your father and mother.

- Do I respect and obey my parents?
- Am I willing to help them or do I have to be nagged to do chores?
- Do I try to get along with my brothers and sisters?
- Do I give a good example?
- Do I respect those in authority?

## 5. You shall not kill.

- Am I a tattletale or bully?
- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I try to love all people, born and unborn, old and young, pretty and ugly?
- Are there children I won't play with or am mean to because they look different or are different?

## 6. You shall not commit adultery.

- Do I treat my body with respect?
- Do I treat other's bodies with respect?
- Do I look at television shows, movies, or pictures that are bad?
- Am I modest in my speech and my clothes?

## 7. You shall not steal.

- Have I taken something that wasn't mine?
- Have I destroyed or misused someone else's things?
- Do I return things I borrow? In good time?

## 8. You shall not bear false witness against your neighbor.

- Am I honest when I do my schoolwork?
- Do I tell lies or exaggerate to make myself look good or to make someone else look bad or to get things?
- Do I tell lies to protect myself from punishment?
- Do I avoid telling the truth?

## 9. You shall not covet your neighbor's wife.

- Do I let my parents spend time together or get jealous and want them to pay attention to me?
- Do I get mad when I have to share my friends?

## 10. You shall not covet your neighbor's goods.

- Am I jealous or envious of things or abilities that other people have?
- Do I beg my parents for things my friends have?
- When I am given something, do I complain and talk about what I wanted instead?
- Am I thankful to God and my parents for all they have given me?

*Jesus, I am very sorry for every sin I have committed. I love You with my whole heart. Help me to become a saint!*