

PREPARING FOR THE SACRAMENT OF PENANCE

As you prepare for the Sacrament of Reconciliation, ask the Holy Spirit to help you examine your conscience.

Pray: “Lord, reveal and bring to my mind any sin(s) or area(s) of my life that keep me separated from You or wound my relationship with You?”

The statements in this pamphlet should assist you in making a thorough review. Tell the priest the specific kind of sins you have committed and, to the best of your ability, how many times you have committed them since your last good confession.

To make a good confession, you need to confess any mortal (gravely serious) sins you have committed. For a sin to be mortal, three conditions must together be met:

It must be (1) grave (serious) matter **and** (2) you must have full knowledge that is of grave matter, **and** you (3) you must, with full consent, choose to do it anyway.

If you are in doubt about whether a sin is mortal or venial, mention it to the priest. Confession of venial sins is helpful for avoiding sin and growing in holiness toward Heaven.

Remember that God loves you as a beloved son or daughter. The point of the Sacrament of Reconciliation is to be restored to a relationship of holiness with God who loves you.

Pray: “Lord, give me real sorrow for the sins I’ve committed out of love for You and a deep resolve, out of sorrow, to try never to commit these sins again.”

EXAMINATION OF CONSCIENCE

As you examine your conscience, check off any of the sentences that are true for you since your last confession, and shares them with the priest during Confession.

FIRST COMMANDMENT

"I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME"

- ◇ I DID NOT LOVE GOD WITH ALL OF MY HEART, MIND & SOUL
- ◇ I DO NOT THANK GOD FOR ALL THAT HE DOES FOR ME.
- ◇ I DO NOT PRAY EVERY DAY.
- ◇ I DO NOT TRY TO LEARN ABOUT GOD FROM MY PARENTS, MY TEACHERS, FROM GOING TO MASS OR READING THE BIBLE.

SECOND COMMANDMENT

"YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN"

- ◇ I USED GOD’S NAME WITHOUT LOVE
- ◇ I USED THE NAME OF JESUS WITHOUT LOVE.
- ◇ I USED BAD OR UGLY LANGUAGE.

THIRD COMMANDMENT

"REMEMBER TO KEEP HOLY THE SABBATH DAY"

- ◇ I MISSED MASS ON SUNDAY OR A HOLY DAY OF OBLIGATION THROUGH MY OWN FAULT.
- ◇ MY BEHAVIOR MADE IT DIFFICULT OR IMPOSSIBLE FOR MY PARENTS TO GET TO CHURCH ON TIME.
- ◇ I FOOLED AROUND DURING MASS.
- ◇ I WAS NOT RESPECTFUL IN CHURCH.
- ◇ I DID NOT PAY ATTENTION DURING MASS.
- ◇ I DID NOT KEEP THE EUCHARISTIC FAST BEFORE HOLY MASS (NO FOOD OR DRINK, EXCEPT WATER 1 HR. BEFORE RECEIVING THE EUCHARIST).
- ◇ I RECEIVED HOLY COMMUNION IN A STATE OF MORTAL SIN.

FOURTH COMMANDMENT

"HONOR YOUR FATHER AND YOUR MOTHER"

- ◇ I WAS DISOBEDIENT OR DISRESPECTFUL TO MY PARENTS.
- ◇ I TALKED BACK TO MY PARENTS, TEACHERS OR OTHER ADULTS.
- ◇ I WAS NOT WILLING TO HELP AROUND THE HOUSE. I DID NOT DO THE THINGS MY PARENTS ASKED OF ME (CHORES).

- ◇ I FOUGHT WITH MY BROTHER(S) OR SISTER(S).
- ◇ I DID NOT GET ALONG WITH OTHERS (DURING SCHOOL, AT GRANDMA’S, IN SPORTS, AT HOME).
- ◇ I WAS SELFISH, ONLY CONCERNED WITH MYSELF.
- ◇ I WAS NOT THANKFUL TO MY PARENTS FOR WHAT I HAVE BEEN GIVEN.
- ◇ I BLAMED SOMEONE ELSE FOR SOMETHING I DID.

FIFTH COMMANDMENT

"YOU SHALL NOT KILL"

- ◇ I LOST MY TEMPER. I WAS NOT PATIENT.
- ◇ I CALLED SOMEONE NAMES.
- ◇ I TALKED ABOUT SOMEONE BEHIND THEIR BACK (GOSSIP).
- ◇ I DID NOT TAKE THE OPPORTUNITY TO HELP SOMEONE WHEN THEY NEEDED HELP.
- ◇ I WAS A TATTLE TALE
- ◇ I BULLIED ANOTHER PERSON
- ◇ I WAS MEAN TO SOMEONE OR DID NOT PLAY WITH SOMEONE WHO IS DIFFERENT FROM ME.
- ◇ I WAS TOO LAZY TO TAKE CARE OF MYSELF (BRUSH MY TEETH, EAT WELL)
- ◇ I DID NOT SHOW MY LOVE FOR OTHERS BY OBEYING RULES AT SCHOOL AND IN PUBLIC PLACES.
- ◇ I WAS UNFAIR TO SOMEONE ELSE (I CHEATED).
- ◇ I WAS UNJUSTLY ANGRY WITH MY FAMILY.
- ◇ I HIT SOMEONE
- ◇ I DID NOT DEFEND SOMEONE WHEN I HEARD OTHERS TALKING BADLY ABOUT THEM.
- ◇ I SAID SOMETHING CRUEL OR MADE FUN OF ANOTHER TO HURT THEIR FEELINGS.
- ◇ I WAS NOT WELCOMING TO SOMEONE
- ◇ I REFUSED TO PLAY WITH SOMEONE FOR NO GOOD REASON.
- ◇ I HAVE NOT BEEN HELPFUL AND AFFECTIONATE TOWARDS MY FAMILY.
- ◇ I HAVE NOT BEEN KIND AND GENEROUS WITH MY FRIENDS.

SIXTH & NINTH COMMANDMENTS

"YOU SHALL NOT COMMIT ADULTERY"

"YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE"

- ◇ I DID NOT SHOW RESPECT FOR MY BODY.
- ◇ I DID NOT RESPECT THE BODY OF ANOTHER.
- ◇ I HAVE BEEN JEALOUS OF THE FRIENDS SOMEONE ELSE HAS.
- ◇ I GOT MAD WHEN I HAD TO SHARE MY FRIENDS.

SEVENTH & TENTH COMMANDMENTS

"YOU SHALL NOT STEAL"

"YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS"

- ◇ I TOOK SOMETHING THAT BELONGS TO SOMEONE ELSE.
- ◇ I "FORGOT" TO RETURN SOMETHING THAT I BORROWED.
- ◇ I DESTROYED OR MISUSED ANOTHER PERSON'S PROPERTY.
- ◇ I HAVE NAGGED MY PARENTS INTO BUYING THINGS BECAUSE MY FRIENDS HAVE THEM.
- ◇ I REFUSE TO SHARE MY THINGS WITH OTHERS.
- ◇ I DID NOT TREAT THE PROPERTY OF OTHERS WITH RESPECT AND CARE
- ◇ I BROKE SOMETHING ON PURPOSE.
- ◇ I DID NOT DO MY HOMEWORK AND SCHOOLWORK THE BEST I COULD.

EIGHTH COMMANDMENT

"YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR"

- ◇ I DID NOT PLAY FAIRLY. I CHEATED AT SCHOOL OR A GAME.
- ◇ I LIED TO MY PARENTS OR OTHERS.
- ◇ I WAS NOT HONEST IN MY SCHOOL WORK. I COPIED SOMEONE ELSE'S HOMEWORK
- ◇ I HAVE TOLD A LIE TO MAKE MYSELF LOOK GOOD OR TO PROTECT MYSELF FROM PUNISHMENT.
- ◇ I HAVE TOLD A LIE TO MAKE ANOTHER PERSON LOOK BAD OR GET THEM IN TROUBLE.
- ◇ I BROKE A SECRET OR CONFIDENCE

GOING TO CONFESSION

The penitent (you) and the priest begin with the sign of the Cross: Make the Sign of the Cross, saying:
In the Name of the Father + and of the Son and of the Holy Spirit.

Then the penitent (you) states:

Bless me, Father, for I have sinned. It has been (however many days, weeks, months, or years) since my last confession. And these are my sins: (List the ones you checked off)

The penitent then states his or her sins to the priest...

For the confession to be valid, the penitent must:

1. Confess all the mortal sins he/she is aware of having committed since the last confession (in kind and number)
2. Be heartily sorry for the sins committed
3. Have a firm purpose of amendment of life (try not to commit the same sins in the future)

After this, the priest will generally give some advice to the penitent and impose a penance.

Then the priest will ask the penitent to make an act of Contrition:

ACT OF CONTRITION

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 they offend 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, do penance, and amend my life. Amen.

After this, the priest will absolve the penitent in the following words:

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.

The penitent makes the sign of the Cross and answers:
Amen

The priest will then dismiss the penitent by saying: "Go in peace." The penitent will then respond:
Thanks be to God.

Then the penitent immediately fulfills the penance assigned.

SAINT PHILIP CHURCH

ENCOUNTERING JESUS
IN THE SACRAMENT OF CONFESSION

A GUIDE FOR CHILDREN

HELP IN MAKING A THOROUGH
EXAMINATION OF CONSCIENCE
AND A GOOD CONFESSION

"Those who have been far away from the Sacrament of Reconciliation and forgiving love, I make this appeal: Come back to this source of grace; Do not be afraid! Christ himself is waiting for you. He will heal you and you will be at peace with God." **POPE ST. JOHN PAUL II**



"Jesus said, Let the children come to me, and do not hinder them; for to such belongs the kingdom of heaven." - **MATTHEW 19:14**