

~ A CHILD'S GUIDE ~  
**HOW TO GO TO CONFESSION**

Prepare to go to confession by thinking about your sins.  
There is an examination of conscience on the back of this card.  
You may also pray the following prayer before you enter the reconciliation room:

*Come, Holy Spirit, and help me to know my sins.  
Help me to trust in how much Jesus loves me  
and to ask for forgiveness. Give me your  
help to avoid these sins in the future. Amen.*

**Rite of Reconciliation**

Child begins: (Making the Sign of the Cross)

**Bless me Father, for I have sinned.**

**It has been (how long?) since my last confession  
and these are my sins: (confess your sins).**

The priest will help you with some advice to be a better  
Christian and give you a penance.

Child: (Pray the *Act of Contrition*):

**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 grace, 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.**



## **Examination of Conscience**

### **1. I AM THE LORD YOUR GOD, YOU SHALL NOT HAVE OTHER GODS BESIDES ME.**

Do I say my prayers each day? Have I tried to make God first in my life or have other things gotten in the way and become more important than God? Have there been times when I have not loved and thanked God as much as I should?

### **2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.**

Have I used God's name carelessly when I have been angry? Have I used foul language or profanity?

### **3. REMEMBER TO KEEP HOLY THE LORD'S DAY.**

Do I go to Mass each Sunday? Do I pay attention at Mass or fool around? Do I try to make Sunday a special day to be with God? Have I deliberately missed Mass on a Sunday or Holy Day?

### **4. HONOR YOUR FATHER AND YOUR MOTHER.**

Have I tried to be respectful of my parents? Do I do what they ask me to do or do I complain and talk back? Do I respect other adults, especially teachers and coaches?

### **5. YOU SHALL NOT KILL.**

Have I hurt other people when I am angry by the things I say or do? Have I fought with my brothers or sisters or friends? Have I abused alcohol or drugs or tobacco (this kills the body)?

### **6. YOU SHALL NOT COMMIT ADULTERY.**

Have I shown respect for myself, my body and others in what I say, think and do? Have I looked at videos, magazines or Internet sites that are not appropriate?

### **7. YOU SHALL NOT STEAL.**

Have I taken what is not mine? Did I return it or make up for what I have stolen? Have I cheated on tests or homework or been unfair in games?

### **8. YOU SHALL NOT LIE.**

Have I lied or gossiped? Have I talked about others behind their backs or spread rumors about other people? Have I blamed others for things I have done?

### **9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.**

Do I respect other people just for who they are or do I use them to get what I want? Am I happy when my friends play with others or do I get jealous?

### **10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.**

Have I been greedy? Am I jealous of what other people have or am I happy with what God has given me?