

Rite of Confession

Begin by signing yourself and saying:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Bless me Father for I have sinned.

It has been

since my last confession.

These are my sins.....(confess all that you remember, for mortal sins say the kind of sin it was and the number of times, and end with these words).....I am sorry for these and all the sins of my past life.

Listen to the advice the priest may give and be willing to do the penance he gives you.

Say the Act of Contrition:

Did I pay attention at Mass?

Have I fooled around in Church?

Did I say my prayers every day?

Did I say mean things to my mom or dad?

Did I always say "Thank You" to people?

Am I hard to get along with (during school, at Grandma's, at home?)?

Did I do what my mom and dad told me to do? My teacher?

Was I lazy around the house?

Did I do my chores?

Did I hurt other people's feelings by calling them bad names?

My God, I am sorry for my sins with all of 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.

The priest gives you absolution (forgiveness of your sins). Make the sign of the cross when he crosses you, and say "Amen."

*Note: Canon Law #964 says:
The penitent's freedom to choose "face to face" confession or to kneel at a fixed confessional grille is to be respected. It is also the prerogative of the priest to hear confessions behind a fixed grille.*

- Our Lady's Prayer Groups

Have I started fights with my brothers and sisters at home?

Have I blamed other people for things I do?

Did I get other people into trouble?

Do I hit people when I get mad?

Have I forgiven people? Or am I holding a grudge?

Have I cheated or been unfair in games?

Did I refuse to play with someone for no good reason?

Was I lazy about my school work?

Did I fail to do my homework?

Confession for Children



Did I cheat in school?

How many times did I lie to my parents? My teachers? My friends?

Did I take anything that didn't belong to me?

Did I avoid medicine? Did I refuse to eat food I didn't like?

