

# PARENTS HELPING THEIR CHILD PREPARE FOR CONFESSION

## Formula for Confession

Bless me Father, for I have sinned.

It has been ...(?)... months since my last confession and these are my sins.....

For these and all my sins I am truly sorry.

**[Listen for Advice and Penance from the priest.]**

**[Say the Act of Contrition]**

### ACT OF CONTRITION:

O my God, I am heartily sorry for having offended You. 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, to do penance, and to amend my life. Amen.

**Thank you, Father.**

### EXAMINATION OF CONSCIENCE

- \* Do I pray to God every day? Do I pray for my family and friends?
- \* Have I thanked God for His gifts to me?
- \* Am I attentive at Mass? Do I receive Communion with care and attention?
- \* Have I worked unnecessarily on Sunday?
- \* Have I missed attending Mass on Sunday or Holy Days of obligation?
- \* Have I spoken God's name in disrespectful ways?
- \* Have I respected and obeyed my elders, parents or teachers?
- \* Have I harmed other people through acts of violence or neglect?
- \* Have I been rude or impatient?
- \* Have I taken anything that I had no right to take?
- \* Have I taken school supplies without permission?
- \* Have I shared all that I should - of my belongings, my time and my friendship?
  
- \* Have I treated other people's property carelessly?
- \* Have I said things that I knew would hurt someone?
- \* Have I gossiped? \* Have I lied?
- \* Have I emphasized the negative qualities of other people?
- \* Have I boasted about myself or my work?
- \* Have I been dishonest - with my teachers, my family, or anyone else?
- \* Have I used well the time and talents God has given me?
- \* Have I offered my classmates, friends and family a good example of being a follower of Jesus? Do I speak to them about God and offer to pray for them?
- \* Do I tell people how much I appreciate them?
- \* Are there people I have refused to forgive?
- \* Do I dress modestly?
- \* Have I envied other people for the things they own or the friends they have?