

Confessional



Examination

Step # 1

✠ In the name of the Father, and the Son, and the Holy Spirit. Amen

✠ Bless me Father for I have sinned

✠ It has been ___ months since my last confession

✠ These are my sins: 

✠ _____
✠ _____

✠ I am sorry for these and all my sins



Step # 2

Listen for your Penance & Pray

✠ Act of Contrition



O my God, I am heartily sorry for having offended Thee, 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 Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen



Listen for prayer of Absolution

✠ Say: "Thank You Father"

Step # 3 – Go pray your Penance in Church.



Prayer & Notes of My Sins

✠ Come, Holy Spirit, give me Your light to see my sins, and give me Your help to be sorry for them and show me why I sinned. Help me never again to sin on purpose. Amen.



Love of God: Commandments 1-3

- I don't say my prayers every day
- I play at Mass instead of praying
- I didn't say the name of Jesus with respect
- I didn't thank God for my gifts



Love of Family and Neighbor: Commandments 4-10

- I did not obey my mom & dad
- I said mean things to _____
- I don't say "please" & "thank you"
- I don't do my chores
- I don't take care of my things
- I fight with my _____
- I don't listen to my teachers
- I cheated on _____
- I don't do my homework
- I don't play fair with _____
- I don't share with _____
- I said mean things about _____
- I lied to _____
- I got _____ into trouble?
- I hit when I am mad?
- I take things that don't belong to me
- I get jealous of what friends have
- I don't like to help others



"Fear not, little flock"
Luke 12:32