

The Sacrament of Reconciliation for Children

“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 help to sin no more, to do penance and to avoid whatever leads me to sin. Amen.

* *Enter the confession room.*

* *Kneel down - Make the sign of the Cross.* “In the Name of the Father, and of the Son, and of The Holy Spirit. Amen”.

* **Say:** Bless me father, I have sinned. My last confession was _____ months ago. These are my sins:

- I missed, was lazy to pray in the morning or at night _____ times.
- I fooled around, talked, played during mass _____ times.
- I used God's Name without respect or in vain _____ times.
- I missed, came late to mass on Sunday _____ times.
- I disobeyed, talked back, disrespect my parents, grandparents _____ times.
- I make fun of other people, hate someone _____ times.
- I was angry, stubborn _____ times.
- I fought, quarrelled _____ times.
- I kept mean, bad thoughts about other _____ times.
- I said bad things about someone _____ times.
- I called people bad names _____ times.
- I cursed, said bad words, wished bad things to anyone _____ times.
- I kept unforgiveness of someone in my heart _____ times.
- I looked at bad pictures, read bad stories, played bad games _____ times.
- I watched bad (adult) movies _____ times.
- I thought about sex _____ times.
- I stole, swapped toys, things belong to other people _____ times.
- I borrowed anything and did not return _____ times.
- I cheated _____ times.
- I destroyed people things on purpose _____ times.
- I lied _____ times.
- I was jealous of others _____ times.
- I set my mind on things belong to other people _____ times.

Father, I am finished. Please ask God forgive my sins that I don't remember.

* *Listen to the priest's instructions and advices.*

After Confession

- *Say the prayers or do what the priest tells you.*

- *Thank God for forgiving your sins. Say your own prayer or say this one:*

"Heavenly Father, by dying on the Cross for love of us / Your dear Son Jesus brought peace to the world by taking away our sins / and giving us your forgiveness. I thank You for your mercy to me / and to all who are truly sorry for having offend You. Help me to avoid sins / and use this Sacrament more often. May the power of your love given to me in this sacrament / guide me in all I do to please You in all things. Father, thank You for your love and mercy. Amen."

- *Ask God for the help you to keep from offending God.*