

## Five Steps to the Sacrament of Penance

1. Know what my sins are.
2. Be sorry for my sins.
3. Make up my mind not to sin again.
4. Tell my sins to the priest.
5. Do the penance the priest gives me.

## PRAYER FOR A GOOD CONFESSION

Come, Holy Spirit, into my soul.

Show me my sins,

both the wrong that I did  
and the good I failed to do.

Give me the grace

to be sorry for my sins  
out of love for God,  
so that through Confession  
my soul might be healed  
and strengthened to do good.

Amen.

## ACT OF CONTRITION

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, 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.

## An Examination of Conscience for Children

The following examination of conscience is by Fr. Thomas Weinandy.

### Responsibilities to God:

- Have I prayed every day?
- Have I prayed my morning prayers and night prayers?
- Have I prayed with my parents and family?
- Have I been moody and rebellious about praying and going to church on Sunday?
- Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
- Have I asked the Holy Spirit to help me do what is right?

### Responsibilities to others:

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
- Have I gotten angry at them? Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I treated other children with respect or have I made fun of them and called them names?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I performed my responsibilities, such as homework and household chores?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?