

An Examination of Conscience for Children using The Lord's Prayer.

**Our Father who art in
heaven, hallowed by Thy
name.**

- ◆ Do I think about God every day?
- ◆ Do I say my prayers?
- ◆ Do I pay attention and participate at Mass?

**Thy kingdom come, Thy
will be done on earth as it
is in heaven.**

- ◆ Am I kind to others?
- ◆ Do I do what Jesus wants me to do?
- ◆ Do I share with others?
- ◆ Am I helpful to my family?
- ◆ Do I show respect to my teachers and classmates?

**Give us this day our daily
bread**

- ◆ Do I remember to say thank you?
- ◆ Am I sometimes greedy?

- ◆ Do I appreciate the good things I have in my life?
- ◆ Do I think of ways to help those who have no food?
- ◆ Do I take things that don't belong to me?

**Forgive us our trespasses as we
forgive those who trespass
against us.**

- ◆ Do I say I'm sorry when I have been wrong?
- ◆ Do I forgive and forget when someone does something bad to me?
- ◆ Do I help solve problems between my friends or do I cause more trouble?
- ◆ Do I say bad things about people who have hurt me?

**Lead us not into temptation,
but deliver us from evil**

- ◆ Do I play fairly in sports and games?
- ◆ Do I cheat in school?
- ◆ Do I tell the truth?
- ◆ Do I set a good example by my kindness?
- ◆ Do I let other kids tempt me to do things I know I shouldn't do?

Parents, if your child needs help preparing for their First Reconciliation (First Confession), please let their Catechist know and they will be more than happy to help your child prepare for this special day.

Our Lady of Guadalupe Parish



Guide to
Confession for
Children

A Step By Step Guide To Making Your First Confession (First Reconciliation)

Prepare yourself by reflecting on your sins and what you are going to do to try and stop repeating the same sins.

1. Kneel, make the sign of the cross and say, "Bless me Father for I have sinned."
2. Tell Father Julian or the priest you are confessing with "this is my first confession." (if this is not your First Confession, omit this step)
3. Tell Father your sins and how you have hurt God your loving Father and when you have finished say "For these and all my sins, I am truly sorry."
4. Listen to Father if he has any advice for you. You can also tell Fr. if something is bothering you.

5. Say 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 do penance, and sin no more, and to avoid whatever leads me to sin. Amen

6. Listen to the words of Father as he gives you absolution...

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, + and of the Holy Spirit. The penitent answers: Amen.

7. Say thank you Father out of politeness and respect and you might even say "Bless you Father".

8. Go quietly and do your penance

Children always remember

- ♦ It is Jesus Himself who is present in the sacrament waiting to embrace you.
- ♦ He loves you no matter what you have thought, said, and done.
- ♦ Never say or think these thoughts.. "Only when I have changed my bad habits or have stop sinning, then I will go for reconciliation." Go to Him (Jesus) as You are, He will transform you, He will give you the strength and Grace needed to overcome your sin, bad habits or addictions.
- ♦ Always turn away from sin and be faithful to the Gospel.

