

CONFESSION PROCEDURE

CHILD: BLESS ME, FATHER, FOR I HAVE SINNED.
IT HAS BEEN _____ (weeks, months,
etc.) SINCE MY LAST CONFESSION. MY
SINS ARE....

(Now, please confess sins.)

CHILD: THAT'S ALL I REMEMBER, FATHER.

(Father may talk to you.)

FATHER: FOR YOUR PENNANCE PLEASE DO
(or) SAY PLEASE SAY THE ACT OF
CONTRITION.

CHILD: LORD JESUS, SON OF GOD, HAVE MERCY
ON ME, A SINNER.

FATHER: MAY GOD BLESS YOU.

CHILD: THANK YOU, FATHER.

EXAMINATION OF CONSCIENCE - CONFIRMATION

1. Do I always use God's name in a loving way?
2. Do I miss Mass through my own fault?
3. Do I obey my parents, teachers and others who are helping me?
4. Do I say untrue things?
5. Do I take anything that doesn't belong to me?
6. Do I want something that somebody else has and do I tease to get it?
7. Do I forgive others when they hurt me in what they say or do?
8. Do I really try to do my best in school?

9. Do I take responsibility for doing my homework and getting it in on time?
10. Do I copy or cheat at school?
11. Do I help others whom I could or should?
12. Am I kind and helpful to everyone?
13. How do I act on the way to and from school?
14. Do I tease or bully anyone?
15. Do I help out at home, and without always being asked?
16. Do I cheat in games?
17. How do I treat my brothers, sisters and friends?
18. Do I make fun of other kids, say unkind things about them?
19. Are there things I should do that I don't do?
20. Do I pray to God to thank Him for His gifts and to ask for help, to tell Him I love Him?
21. Do I lose my temper?
22. Do I fight with others and hurt them through my words or actions?