
CONFESION

Part 4

Once you have completed watching the online video - www.stcatharine.com/first-confession - here are a few things you can put into practice to begin preparing your child for their first confession.



Bartolomé Esteban Murillo - The Return of the Prodigal Son

New Materials:

Watch "Forgiven - For Children: How to Make a Great Confession"

Have you and your child watch "Forgiven - For Children: How to Make a Great Confession". It is available on our website <https://stcatharine.com/first-confession> via Formed.org. Talk to your child about what they learned from the video.

Role-play Confession with your child

Included in your packet is a Step-by-Step guide to going to Confession. Walk through all the steps with your child. Role-play with you as the priest. The more comfortable your child is with the steps of confession the better they will be able to focus on what the sacrament is all about - love and forgiveness!

Things to Continue...

Examination of Conscience

Continue to take time each day to go through the Examination of Conscience. This is a great practice to encourage in your child, and in your entire family, by giving time for them to reflect on their relationship with God that day.

Review the 10 Commandments

The 10 commandments are guidance from God that, if followed, lead to our ultimate happiness. God does not want to see us get hurt. He instead gives us guidance on how to live our life to the fullest.

Praying the Act of Contrition and other prayers

The best way to learn prayers is to pray them! Make it a practice to regularly pray these prayers with your child. It is common to pray the Act of Contrition after doing an Examination of Conscience.

Going to Mass

First Confession is a step closer to receiving First Communion. Your child is preparing a place for Jesus to be inside us both physically and spiritually! There is no better way to prepare for First Communion than by regularly attending Mass.

Examination of Conscience

An Examination of Conscience (A checklist for children)

1. Using God's name without respect.
2. Being inattentive or disruptive during Mass.
3. Being disrespectful or disobedient to parents or teachers.
4. Saying mean things to others or about others.
5. Teasing or making fun of others.
6. Using bad language or looking at bad pictures.
7. Doing something bad or shameful by oneself or with others.
8. Being selfish.
9. Being prideful.
10. Being jealous or envious of others.
11. Sulking, pouting, or whining.
12. Stealing.
13. Breaking things on purpose.
14. Cheating.
15. Telling lies.
16. Being ungrateful.
17. Being inattentive or disturbing others in class.
18. Not doing, or not finishing, one's homework.
19. Being careless in one's work.
20. Not saying one's prayers.

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.

Prayers To Know

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.

Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.
Amen.

Hail Mary

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of death.
Amen.

Glory Be

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.
Amen.

First Confession - Step-By-Step

STEP 1: Walk into the confessional. You will either sit face to face with the Priest, or kneel behind a screen. Whichever one is more comfortable for you!

STEP 2: Make the sign of the cross and say **“Bless me Father for I have sinned, this is my first Confession. These are my sins...”**. Here you will tell your sins that you prayed about to the priest, and if you can remember, how many times. *(For example, I lied three times, I talked back to my teacher two times, I disobeyed my parents 4 times..)*

STEP 3: After you tell all your sins to the priest, you can say **“Father I am sorry for all my sins and for those I cannot remember”**

STEP 4: The priest will talk to you about your sins and give you some ways that you can do better! He will then give you a task, or your Penance, that you will do when you are finished with your confession to show God you are sorry.

STEP 5: Pray out loud your act of contrition you learned:

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.

STEP 6: The priest gives you absolution, which means your sins are forgiven. He will stretch out his hand and say a prayer over you. At the end he will make the sign of the cross over you, and you should make the sign of the cross on yourself too. **You respond “AMEN”**.

STEP 7: The priest tells you that you may go in peace, and that your sins are forgiven. **You say “Thank you, Father!”**

STEP 8: Leave the confessional and go out to the pews in the church to say the penance the priest gave to you to show God you are sorry.