



SAINT MARTIN OF TOURS
RECONCILIATION BOOKLET
FOR CHILDREN



BEFORE Confession: We need to know what sins we've committed, so we can ask forgiveness for them. We pray to the Holy Spirit and ask Him to help us examine our conscience. You can use the Examination of Conscience below to help you.

EXAMINATION OF CONSCIENCE FOR CHILDREN

Responsibilities to GOD:

Have I prayed every day?

Have I prayed my morning prayers and night prayers?

Have I prayed before meals?

Have I prayed with my parents and family?

Have I had a bad attitude about praying and going to Mass on Sunday?

Have I paid attention at Mass?

Have I fooled around in Church?

Have I used God's or Jesus' name when I am angry?

Responsibilities to others:

Do I do what my mom and dad told me to do?

Do I say mean things to my mom or dad?

Do I respect my teacher and others in authority?

Do I hurt others people's feelings by calling them bad names?

Have I started fights with my brothers and sisters at home?

Have I blamed other people for things I do?

Do I get other people into trouble?

Do I hit people when I get mad?

Have I forgiven people? Or am I holding a grudge?

Am I hard to get along with (during school, at home)?

Do I refuse to play with someone for no good reason?

Have I cheated or been unfair in games?

Do I respect the gift of life by caring for all God's creatures?

Am I lazy about my schoolwork?
Do I fail to do my homework?
Do I cheat in school?
Am I lazy around the house?
Do I do my chores?

Do I always tell the truth?
Have I intentionally lied or mislead someone?
Have I used bad language?
Am I ever jealous of someone else' family?
Am I thankful for all that I have?
Do I take anything that didn't belong to me?
Do I avoid medicine?
Do I refuse to eat food I didn't like?

REMEMBER: You can't sin "by accident" and if someone did something bad to you, it is not your sin, but theirs — and you should tell an adult.

HOW TO GO TO CONFESSION

Step 1- Enter the Confessional. Kneel or sit down. Make the Sign of the Cross and say, "Bless me, Father, for I have sinned." Tell the priest how long its been since your last confession.

Step 2- Then tell your sins simply and honestly to Jesus, who acts through the priest. You may use your Examination of Conscience guide to help you. When you have finished telling your sins, you should say: "For these and all the sins of my past, I am truly sorry."

Step 3- Listen to the advice the priest gives you and remember the penance he tells you to do.



Step 4- When the priests asks, say the Act of Contrition.

Act of Contrition

My God, I am sorry for all 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, to sin no more and to avoid whatever leads me to sin.

Or

Lord Jesus, Son of God,
Have mercy on me, a sinner.

Acto de Contrición

Dios mío, me arrepiento de todo corazón de todo lo malo que he hecho y de todo lo bueno que he dejado de hacer. Porque pecando te he ofendido a ti, que eres el sumo bien y digno de ser amado sobre todas las cosas.

Propongo firmemente, con tu gracia, cumplir la penitencia que me ha sido impuesta, no volver a pecar, y evitar las ocasiones de pecado.

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Señor Jesus, Hijo de Dios,
Ten Misericordia de mi, un pecador.

Step 5: The priest says the prayer of Absolution, and Jesus forgives you of your sins, making the sign of the cross. After the priest absolves you of your sins, he will dismiss you. Respond by saying “Thanks be to God”. You may leave the confessional.



Step 6: After you leave the confessional, find a quiet place to pray and do your penance. Make sure you thank God for loving you and forgiving you of your sins.