

Act of Contrition for Children

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishment, but most of all because they offend You, my God, who are all good, and deserving of my love.

I firmly resolve, with the help of Your grace, to sin no more, and to avoid the near occasions of sin.
Amen.



Prayer after Confession

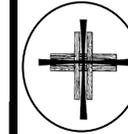
God, I feel good — fresh and renewed. I feel like a huge weight has been lifted from me. I feel closer to you than I have for a long time.

Thank you for helping me to see my sins and recognize them for what they are — obstacles to getting closer to you. Thank you for the caring priest who helped me through my confession. Thank you for forgiving my sins.

Help me now, Father, to do my penance. Help me make peace with and seek forgiveness of anyone I have wronged.

Keep my faith in you strong and help me to rely on you more as I face the sins in my life. And when I once again feel the heavy burden of sin, remind me that this sacrament of healing and forgiveness is only a quick conversation away.

Adapted from Steve Givens, Pflaum Publishing Group



**Transfiguration
Catholic
Church**

The Sacrament of Reconciliation for Children



770-977-1442
www.transfiguration.com

How to Go to Reconciliation



Prepare to go to confession by thinking about your sins and make a firm commitment, asking God's help, not to sin again.

Prayer before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, intercede for me through the Passion of your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with yours in eternal love.

Forgive and you will be forgiven.
Luke 6:23

Rite of Reconciliation

Priest: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent: Bless me, Father, for I have sinned. It has been (*how long?*) since my last confession, and I am sorry for these and all my sins. (*Confess your sins*)

Priest: (Gives you a penance)

Penitent: (Pray the Act of Contrition)

Priest: (Gives you absolution)

Penitent: (Go to chapel and pray or do penance as soon as possible.)



Examination of Conscience for Children

Let us examine our conscience. Consider your friendship with God.

Did you give time to God?

Did you remember to pray?

Have you done anything that hurts God?

Examine your friendship with your family.

Did you show your parents that you love them?

Did you try not to fight or argue with your brothers and sisters, friends and classmates?

Did you help at home?

Consider your friendship with others.

Did you hurt others by calling names or fighting?

Have you lied to anyone?

Have you destroyed other people's things?

Have you done anything that hurts someone else?

Consider your friendship with yourself.

Have you cheated in school?

Have you stolen anything?

Have you given in to bad things others may want you to do?

Remember you can make good choices. Think about God's loving rules for making good choices.