

PRAYERS

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, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy. Amen

SIGN OF THE CROSS

In the Name of the Father, and of the Son,
and of the Holy Spirit, 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 our 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.

For Children

2nd through 4th grade



A Guide to the Sacrament of Reconciliation

Please feel free to take this guide with you.
Provided by Christ the King Church, Wichita

STEPS TO A GOOD CONFESSION:

1) Remember your sins

- Ask the Holy Spirit to help you to know your sins
- Use the examination of conscience to help you.
- Resolve to never do these sins again

2) Go to confession

- Choose to kneel or sit
- Begin with the Sign of the Cross (*see back*) and then say:
"Bless me Father for I have sinned,
it has been [*how long*] since my last confession,
and these are my sins:
- Confess your serious (mortal sins) by kind and number and confess any less serious (venial) sins you really want help with. When you are done confessing your sins, say:
"For these and all my sins I am sorry."
- The priest may give you some advise and will give you a penance to do after your confession. Remember your penance.
- Pray your Act of Contrition (*see back*)
- The priest will give you absolution. Make the sign of the cross as he says "...in the name of the Father and of the Son, and of the Holy Spirit."
- The priest will give you a dismissal. You may response:
"Thanks be to God" or "Thank you Father."

3) Do your penance

- Pray the prayers or do the thing the priest asked you to do for your penance
- Thank God for his mercy

AN EXAMINATION OF CONSCIENCE FOR CHILDREN USING THE LORD'S PRAYER¹

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?

¹ http://catholicism.suite101.com/article.cfm/examination_of_conscience