

3rd & 4th Grade

Guide for Confession

1. Sign of the Cross

“Bless me Father for I have sinned. It has been ____ since my last confession.”

2. **Confess your sins.** Here is a guide:

- Have I missed Mass?
- Have I been moody and rebellious about praying and going to Mass?
- Have I obeyed my parents?
- Have I been selfish towards my brothers, sisters, or friends?
- Have I talked back to parents, teachers, or other adults?
- Have I lied?
- Have I said mean things about other people?
- Have I cheated in a game, sport, or school?
- Have I used bad language?
- Was there a time you knew something was wrong and did it anyway?

3. **“For these and all my sins, I am sorry.”**

4. The priest will give you a penance.

5. **Say an Act of Contrition (flip card).**

6. The priest will pray the Pray of Absolution.

7. You say **“Amen.”**

8. The priest may say “Give thanks to the Lord, for He is good.”

9. You say **“For His mercy endures forever.”**

10. Go and say/do your penance.

Act of Contrition

O my God,
I am sorry and repent
with all of my heart for all the
wrong I have done and for the
good I have failed to do,
because by sinning I have
offended you, who are all
good and worthy to be loved
above all things.

I firmly resolve, with the help
of your grace, to do penance,
to sin no more, and to avoid
the occasion of sin.

Through the merits of the
Passion
of our Savior Jesus Christ,
Lord, have mercy.

5th & 6th Grade

Guide for Confession

1. Sign of the Cross

“Bless me Father for I have sinned. It has been ____ since my last confession.”

2. **Confess your sins.** Here is a guide:

- Have I missed Mass?
- Have I been moody and rebellious about praying and going to Mass?
- Have I obeyed my parents?
- Have I been selfish towards my brothers, sisters, or friends?
- Did I hurt someone by my teasing or pranks?
- Have I lied? or stolen something?
- Have I said mean things about other people?
- Have I cheated in a game, sport, or school?
- Have I used God’s name as a curse?
- Was there a time you knew something was wrong and did it anyway?

3. **“For these and all my sins, I am sorry.”**

4. The priest will give you a penance.

5. **Say an Act of Contrition (flip card).**

6. The priest will pray the Pray of Absolution.

7. You say **“Amen.”**

8. The priest may say “Give thanks to the Lord, for He is good.”

9. You say **“For His mercy endures forever.”**

10. Go and say/do your penance.