O my God, I am heartily sorry for having offended You and I detest all my sins because of Your just punishments but, most of all, because they offend You, My Lord, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

Lord God, in Your goodness have mercy on me. Do not look on my sins but take away all my guilt. Create in me a clean heart and renew an upright spirit within me. Amen.

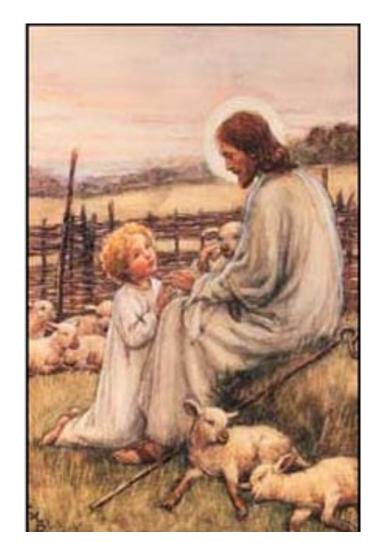
ACTS OF CONTRITION— ACTOS DE CONTRICIÓN

Prayers to show your love for God and that you are SORRY for your sins

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, Quien 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 del pecado. Amen.

Señor, ten misericordia de mi por Tu bondad;

aparta Tu vista de mis pecados, borra en mi toda culpa. Dios mío, crea en mi un corazón puro, renuévame con un espíritu firme. Amen.



First Penance_La Primera Penitencia

St. Mary's, York March 6, 2021

EXAMINATION OF CONSCIENCE (for Children Grades 2-4)

We get ready to receive the Sacrament of Reconciliation by thinking of the times we have not shown love to God and others.

This is called the Examination of Conscience.

LOVE THE LORD YOUR GOD

Did I pray every day?

Did I thank God for all the things He has given me?

Did I use bad language or use God's name in a way I should not?

Did I pay attention during Mass or complain about having to go to Mass?

Did I study my religion well?

Did I try to understand what God asks of me?

LOVE OTHERS AS YOURSELF

Did I obey and help my parents?

Did I obey and help my teachers and all others who take care of me?

Was I nice to everyone? Did I quarrel with or bully others?

Was I willing to work and play with everyone?

Did I speak badly of others?

- Did I behave in school? Did I try my best to learn in school?
- Did I keep good study habits? Did I neglect my homework by spending too much time on video games or other unnecessary screen time?
- Did I take what did not belong to me? Did I cheat?
- Did I tell lies? To my parents? To my teachers?
- Did I take care of the body God has given me?
- Did I show respect to other people? Did I refuse to let my eyes wander to shows or videos that are not appropriate for me?
- Did I respect the things that belong to other people? If I broke or damaged something that I borrowed, did I try to replace it or make up for their loss?

How to go to Confession

When you first enter the confessional, make the <u>Sign of the Cross</u> and say **"Bless me, Father, for I have sinned. This is my first confession..."**

You will tell the priest your sins. "These are my sins..."

Make a list, starting with any mortal sins. Then you say,

"For these sins and any sins I may have forgotten, I am sorry."

Listen carefully.

- The priest may ask you a question or speak to you about the sins you have confessed. Answer truthfully.
- 2. He will give you your **Penance**, a way to make-up for your sins. Make sure you understand what he wants you to do.



The priest will direct you to say an **ACT OF CONTRITION**. (On back of this page.) Remember to pray this prayer as if you are speaking to Jesus.

The priest will say the words that take away your sins, the words of **ABSOLUTION.** Listen with your whole heart as Jesus takes away your sins through the words.



Say, "Amen" when he has finished. You may also say

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"Thank you, Father." If he says, "Give thanks to the Lord for He is good" You will respond, **"His mercy endures forever."** Leave the confessional.

Go in peace and **perform your penance.**