

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 Sign of the Cross 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.


1. 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.
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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

**"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.***