

7. You shall not steal.

- Have I stolen what is not mine?
- Have I given back what I have stolen?
- Have I wasted time at home or at school?
- Have I cheated in class or in a game?

8. You shall not bear false witness against your neighbor.

- Have I lied?
- Have I said things about people that are not true?
- Did I purposely say something hurtful to or about my parents, friends, classmates or teachers?
- Did I tell another person something I was suppose to keep secret?

9. You shall not desire your neighbor's wife.

- Do I keep good thoughts in my mind about others that are respectful and pure?
- Do I turn away from things on television that might show people not respecting each other.

10. You shall not desire your neighbor's goods.

- Do I want what other children have too much, and perhaps even think about taking what they have.
- Am I willing to share my things with others, or am I selfish and want them only for myself?
- Am I happy with what I have and thank God and my parents for all they have given me?

The Rite for Individual and Integral Confession for Children

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

Child: Amen.

Priest: May the Lord, who enlightens every heart, help you to know your sins and trust in his mercy.

Child: Bless me Father, for I have sinned. My last confession was (give time), and these are my sins... (Tell your sins to the priest, especially all serious sins. End by saying...)

...and I am sorry for these and all the sins of my life.

(The priest will give you some words of help and a penance to do after you leave confession. He will then ask you to make your Act of Contrition in these words or from the prayer you have learned by heart.)

Child: O my God, I am heartily sorry for having offended you. I detest all my sins because of your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of your grace to sin no more and avoid the near occasion of sin.

Priest: God, the Father of mercies..., and I absolve you from your sins in the name of the Holy Father, and of the Son, and of the Holy Spirit.

Child: Amen.

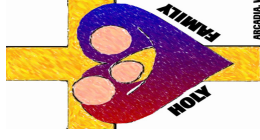
Priest: Give thanks to the Lord, for he is good.

Child: His mercy endures forever.

Priest: The Lord has freed you from your sins, go in peace to love and serve the Lord.

Child: Thanks be to God.

(You may leave now and do your penance)



A Child's Guide for Making a Good Confession



Including an Examination of Conscience and Rite of Penance for an *Individual and Integral Confession for Children*

Holy Family Parish

Tel: 608-323-7116

Examination of Conscience

In an examination of conscience, before the Sacrament of Penance, each child should ask him/herself these or similar questions in particular, according to the Word of God and the teachings of Christ and His Church:

1. I am the Lord your God. You shall not have strange gods before me.

- How have I acted toward God? Do I think of God and speak to Him by praying each day?
- Do I seek to love God with my whole heart?
- Do I make things like television, playing and doing what I want more important than what I am suppose to do?
- Do I make a good effort to learn my prayers and my religion lessons.

2. You shall not take the name of the Lord your God in vain.

- Have I used God's name in badly? Do I speak of God with reverence and love?
- Have I been angry with God?
- Have I wished something bad would happen to another person?
- Have I used something blessed or sacred in an unholy way?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sundays or Holy Days on purpose?
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I participate and pay attention at

A MESSAGE OF HOPE AND JOY IN THE GOD'S LOVE AND MERCY

Dear children,

The Sacrament of Reconciliation is a wonderful gift from God. At your baptism you were made a child of God. You belong to him and He loves you very much. He wants to make your life happy and to happy with Him forever.

God has given us a plan for our life and our happiness called the 10 Commandments. The first three commandments tell us about loving God, the last seven commandments tell us about loving each other and our neighbor. When you live by these commandments your life will be strong and good. If you do not live by these commandments and sin, your life will be weakened and become unhappy.

Before you go to confession, examine your conscience by the 10 Commandments. Ask yourself these questions. When you find you have not followed them or have done something wrong, remember it and tell the priest in confession. God will then forgive you your sins and bring back the happiness you might have lost.

If you want, you may bring this sheet with you when you come to confession. It might help you remember your sins.

God bless you as you make your confession, and may you know God's love and mercy more and more.

In God's love,

Your Pastor

Mass, or do I tease or distract others by laughing, talking, or playing instead?

4. Honor your father and mother.

- Do I pay attention to my parents, priests, and teachers when they talk to me about God?
- How have I acted towards others?
- Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- Do I tell my parents and those in authority over me that I am sorry and ask them to forgive me when I have not minded them?
- Do I obey the rules of my home and school?

5. You shall not kill.

- Do I help my brothers, sisters, and classmates when the need my help?
- Am I kind to everyone?
- Did I hit, kick, or in any way hurt others on purpose?
- Am I willing to play with everyone?
- Did I make fun or say mean things to anyone?
- Do I take care of my health by eating the right foods or getting good exercise?

6. You shall not commit adultery.

- Have I watched television programs or videos that my parents told me I should not watch because I was too young?
- Do I say bad words like swear words?
- Have I told or listen to bad jokes or stories that did not respect another person?
- Do I know the difference between a bad touch and a good touch? Have I touched anyone else in a bad way?