

How to Go to Confession for Children 12 and Under

- 1) The Priest will begin with the Sign of the Cross.
- 2) You say:
“Bless me Father for I have sinned, it has been _____ (weeks, months, years) since my last confession. These are my sins.”
- 3) Confess all mortal sins that you have never confessed before. You may then confess venial sins as your conscience prompts you.
- 4) The Priest may give you counsel.
- 5) The Priest will give you a penance.
- 6) You now make an act of contrition in these or similar words:

“O 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.”

- 7) The Priest will now give you absolution.
- 8) Thank the priest and go perform your penance.

Mortal Sins

An act is a mortal sin if all three of the following things were operative at the time of the behavior.

- A. The act itself constituted grave matter (read through the following list)**
- B. Done with knowledge that it was grave matter**
- C. Done with full freedom**

You are not culpable of mortal sin if either B or C did not apply at the time of the behavior: although confessing grave matter is still be beneficial.

*What follows is a list of The Ten Commandments with their corresponding sins. Be sure to also examine your conscience for **sins of omission** (failure to do what God wants us to do).*

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

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, good luck charms, rather than God alone?
- Have I disobeyed any Church teaching or pretended I was not Catholic?

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

- Have I used the words “God” or “Jesus” in anger or in an irreverent way, such as: “*O my G...*”
- Have I used foul or ugly language?
- Have I wished evil on another?

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

- Have I missed Mass on Sunday or any holy day of obligation?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?

4. Honor your father and mother.

- Do I respect and obey my parents?
- Have I dishonored or mistreated them by my words or actions?
- Am I willing to help around the house or must I be nagged?
- Do I try to get along with my brothers and sisters?
- Am I tattletale or bully?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, teachers, police, older people, babysitters?

5. You shall not kill.

- Have I teased anyone?
- Have I excluded others from games?
- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I try to love all people, especially annoying people, people I don't like, or people who are mean to me?

6 & 9. You shall not commit adultery & You shall not desire your neighbor's wife.

- Do I treat my body and other people's bodies with care and respect?
- Do I look at television shows, the internet, movies, or pictures that are bad?
- Am I modest in my speech and the clothes I wear?
- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention to only me?
- Do I get mad when I have to share my friends?
- Are there kids I will not play with or am mean to because they look different or are different?

7 & 10. You shall not steal & You shall not desire your neighbor's goods.

- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow? In good condition?
- Am I jealous or envious of the things or abilities that others have?
- Do I beg my parents for things my friends or other children have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends, and poor people?

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

- Am I honest in my school work?
- Do I tell lies or exaggerate to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell or exaggerate to make another person look bad or get them into trouble?

Seven Deadly Sins (Vices)

1. Pride: vanity, judging others.
2. Envy: coveting of another's goods, family, career, talents as a person.
3. Greed: failure to share what we can both materially (financially) and in friendships, failure to support the needs of the church.
4. Gluttony: Overeating and too much: sugar, caffeine, nicotine, and alcohol. Any abuse or neglect of the body.
5. Wrath: anger, vengeance, intentionally hurting another.
6. Sloth: laziness and procrastination.
7. Lust: See commandments 6 & 9

OPPORTUNITIES FOR CONFESSION AT HOLY REDEEMER

- Friday 4:00-5:15
- Saturday 3:00-4:15 pm
- Sunday 7-7:15 am
- Sunday 8:45-9:15 am
- Sunday 10:30-11:15 am