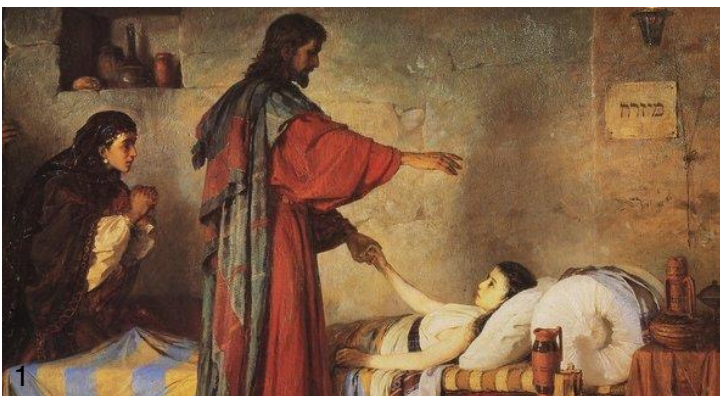


## My Confession Prayer Book

mercyformarthas.com

### The Five Steps to a Holy Confession

1. Examine my conscience
2. Feel sorrow for my sins
3. Resolve not to sin again
4. Confess my sins to the priest
5. Do my penance



### Step 1: Examine my Conscience



I remember when I had my last confession. I ask the Holy Spirit to help me remember my sins:

*Come, Holy Spirit,  
Fill my mind with your light.  
Help me to remember my sins.  
Help me to know why I have sinned.  
Grant me the grace never to sin again  
on purpose.*

Next, I examine my conscience to remember my sins and how many times I committed each sin:

### **A Short Examination of Conscience:**

How did I offend God?

- Did I skip saying my prayers each day?
- Did I purposely miss Mass on Sunday or on a Holy Day?
- Was I disrespectful during Mass? Did I laugh or talk during Mass?

How did I offend others?

- Did I disobey my parents or teachers? Did I complain when they asked me to do something? Did I talk back to them?
- Did I fight with my siblings or friends?
- Did I say mean things about other people? Did I make fun of others?

3

### **A Longer Examination of Conscience:** (Based on the Ten Commandments)

#### **1. I Am the Lord Your God, You shall not have other gods besides me.**

- Did I fail to say my prayers each day?
- Did I love other things (such as toys, food, movies) more than God? Did I make them more important in my life than God?

#### **2. You shall not take the name of the Lord Your God in vain.**

- Did I say God's name carelessly or irreverently?
- Did I say swear words?

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

- Did I skip Mass on Sunday or a Holy Day on purpose?
- Was I disrespectful or distracting during Mass?

5

- Was I mean to others?
- Did I try to get other kids in trouble?
- Was I selfish, not wanting to share my things?
- Did I lie or steal?



4

#### **4. Honor Your Mother and Father.**

- Did I disobey my parents? Did I complain when they asked me to do something?
- Was I disrespectful of my parents or teachers? Did I talk back?

#### **5. You shall not kill.**

- Did I hurt others by word or deed when I was angry? Did I say mean words? Did I hit anyone?
- Did I fight with my siblings or friends?

#### **6. You shall not commit adultery.**

- Did I dress immodestly?
- Did I look at bad pictures, books, movies, or internet sites?

#### **7. You shall no steal.**

- Did I take what did not belong to me? If so, have I returned it?
- Did I cheat on tests or homework?
- Was I unfair? Did I take advantage of younger kids?

6

**8. You shall not lie.**

- Did I tell any lies?
- Did I say mean things about others behind their backs?
- Did I blame others for things I have done?

**9. You shall not covet your neighbor's wife.**

- Was I nice to other kids just so I could get what I wanted?
- Was I jealous when my friends wanted to play with other kids?

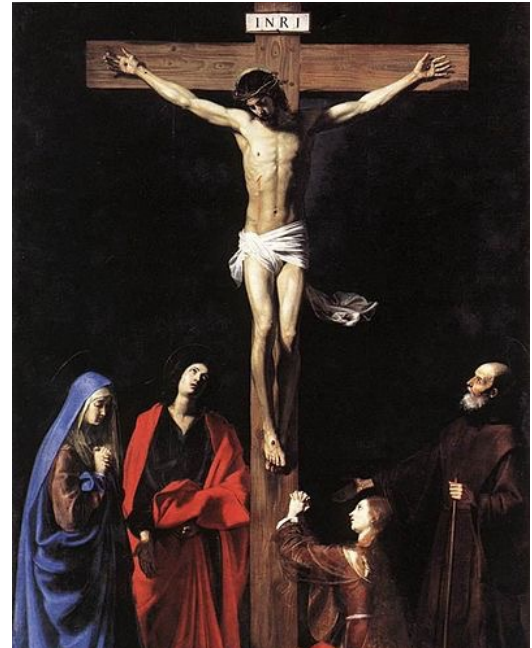
**10. You shall not covet your neighbor's goods.**

- Was I jealous over someone else's things?
- Was I selfish, not wanting to share my toys or food?
- Was I greedy? Do I often think of buying or getting more things?
- Did I fail to be thankful for all that God has given me?

7

**Step 2: Feel sorrow for my sins**

I kneel before a crucifix or look at a picture of Christ on the cross.



8

**Prayer before a Crucifix**

*Oh, my Jesus,  
I see how my sins have made you suffer.  
You have not sinned even once,  
Yet you hang there on the cross  
To pay the price for my sins.*

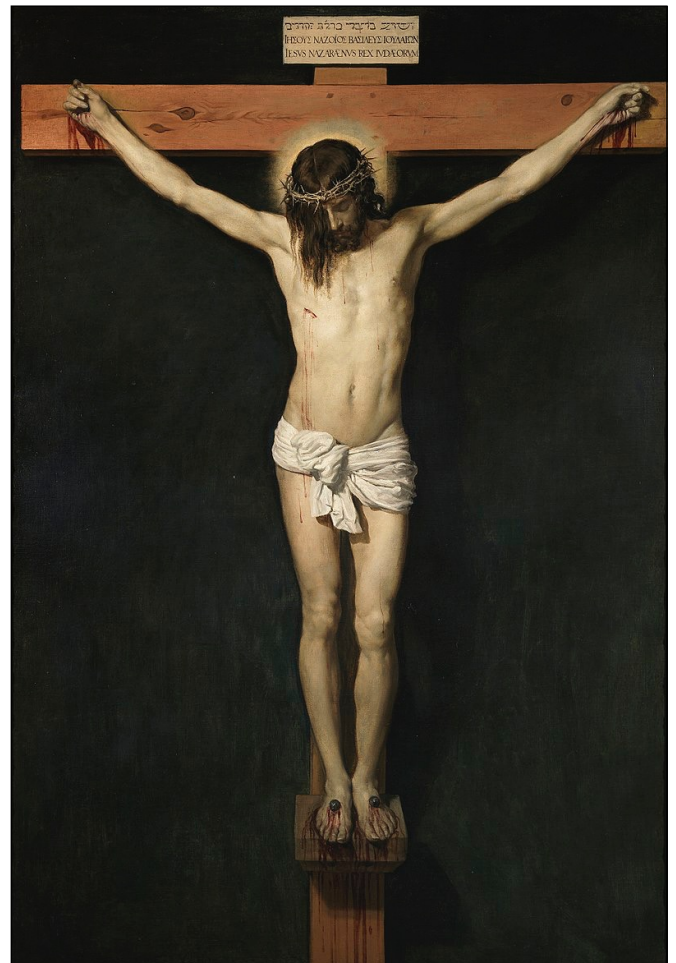
*I see the nails in your hands and feet.  
Jesus I am sorry for.... (name the sin)*

*I see the terrible wound in your side.  
Jesus I am sorry for.... (name the sin)*

*I see the crown of thorns upon your head.  
Jesus I am sorry for.... (name the sin)*

*How much you love me!  
And I love you, too!*

9



### Step 3: Resolve not to sin again

Knowing that my sins make Jesus so sorrowful, I resolve with all my heart never to sin again.

I think of one sin in particular that I have often committed .....(name it). I make a firm resolution to try my best never to commit it again.



11

### Prayer to my Guardian Angel

*Dear Guardian Angel,  
God has given you the special job of  
watching over me.  
Help me to fight any temptations  
that come my way.  
Keep me strong in my resolutions  
to do better.  
Help me never to sin again. Amen.*



12

### Step 4: Confess my sins to a priest

When I go to confession, I am really talking to Jesus. The priest is there in the person of Christ. I need not be afraid because I know that Jesus loves me and wants to forgive me.

I go into the confessional and kneel. I make the sign of the cross and say:

***Bless me, Father, for I have sinned. It has been ... (say how long) since my last confession. These are my sins:*** (Confess your sins.)

The priest listens carefully and may give some advice. He gives me a penance. Then I pray the Act of Contrition:

13

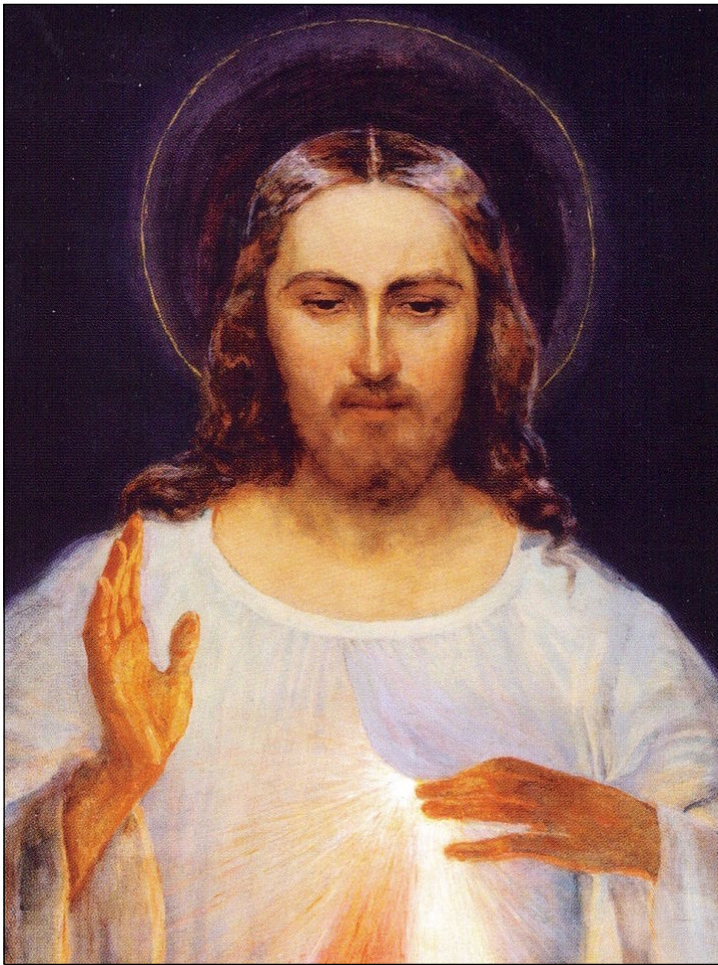
### Act of Contrition

***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.***

14



The priest prays the words of absolution:

*God, the Father of mercies,  
through the death and resurrection of his Son  
has reconciled the world to himself  
and sent the Holy Spirit among us  
for the forgiveness of sins;*

*through the ministry of the Church  
may God give you pardon and peace,  
and I absolve you from your sins  
in the name of the Father, and of the Son,  
and of the Holy Spirit.*

I answer: **Amen.**

The priest says: *Go in peace.*

I answer: **Amen. Thank you, Father.**

I leave the confessional.

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### Step 5: Do my penance

God has forgiven my sins! My soul is clean and pure. I am reconciled with God and with the Church.

After leaving the confessional, I kneel in the pew and thank God for His mercy.

I do my penance as soon as possible.



17

### Prayer of Thanksgiving after Confession

*My Jesus,  
Thank you for paying the price of my sins.  
Thank you for purifying my soul with your  
Precious Blood.  
Thank you for forgiving my sins.  
Help me to accept my cross.  
Help me to forgive others.  
Help me to love you more and more. Amen.*



18

## The Our Father



Our Father, Who art in heaven,  
Hallowed be Thy name;  
Thy kingdom come;  
They will be done on earth as it is in heaven.

Give us this day our daily bread;  
And forgive us our trespasses  
as we forgive those who trespass against us;  
And lead us not into temptation,  
But deliver us from evil. Amen.

19

## The Hail Mary



Hail Mary,  
full of grace!  
The Lord is  
with thee;  
blessed art thou  
among women,  
and blessed is the  
fruit of thy womb,  
Jesus.

Holy Mary, Mother  
of God,  
pray for us  
sinners,  
now and at the  
hour of our death.  
Amen.

## Glory Be



Glory be to the Father,  
and to the Son,  
and to the Holy Spirit,  
As is was in the beginning,  
is now, and ever shall be,  
world without end. Amen.

21

## Prayer to the Guardian Angel



Angel of God, my Guardian dear,  
To whom His love commits me here.  
Ever this day, be at my side  
22 To light and guard, to rule and guide. Amen.

## Prayer to St. Michael the Archangel



St. Michael the Archangel,  
defend us in battle.

Be our defense against the wickedness and  
snares of the Devil.

May God rebuke him, we humbly pray,  
and do thou,

O Prince of the heavenly hosts,  
by the power of God,  
thrust into hell Satan  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls. Amen.

23

## Act of Faith

O My God, I believe all the truths which the Holy  
Catholic Church teaches, because you have  
made them known.

## Act of Hope

O My God, because You are all-powerful,  
merciful, and faithful to Your promises,  
I hope to be happy with You in heaven.

## Act of Charity

O My God, because You are all-good,  
I love You with my whole heart and soul.

24

## The Memorare



Remember, O most gracious Virgin Mary,  
that never was it known that anyone  
who fled to thy protection,  
implored thy help,  
or sought thine intercession  
was left unaided.

Inspired by this confidence,  
I fly unto thee, O Virgin of virgins, my mother;  
to thee do I come, before thee I stand,  
sinful and sorrowful.

O Mother of the Word Incarnate,  
despise not my petitions,  
but in thy mercy hear and answer me. Amen.

25

## Soul of Christ Prayer



Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, wash me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me  
Suffer me not to be separated from Thee  
From the malicious enemy defend me  
In the hour of my death call me  
And bid me come unto Thee  
That I may praise Thee with Thy saints  
and with Thy angels  
Forever and ever. Amen.

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