



Catholic Stories for Children is a nonprofit aimed at telling short stories, primarily through animation, to help kids learn Catholic prayers, learn about Catholic saints, and to learn other Catholic concepts.

Many kids today are growing up without knowing the core concepts of our faith. Many are learning the prayers without understanding the words they are saying. We hope to help bridge this gap with enjoyable stories, animations and songs. We hope to help kids grow with a strong love of neighbor and God.



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## MY LITTLE RECONCILIATION BOOKLET FOR KIDS

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*A step by step booklet to help  
children give a good confession.*



Jesus said, "Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs." - Matthew 19:14

## BEFORE GOING TO RECONCILIATION

Prepare your heart before going to reconciliation.  
Use this booklet as a guide to help you examine  
your conscience beforehand.

## Step

1

## PRAYER FOR FORGIVENESS

Pray: O my God, help me to remember the times when I didn't live as Jesus asked me to. Help me to be sorry and to try again. Amen.



## NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Step

# 5

## PRAYERS OF THANKSGIVING

Afterwards: We should spend some time thanking God for forgiving us and restoring us to full life in Christ.

Pray: Give thanks to the Lord, for he is good.  
His mercy endures for ever. Amen.

*All-holy Father, you have shown us your mercy and made us a new creation in the likeness of your Son. Make us living signs of your love for the whole world to see. Amen.*

*Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.*

## HAVE A CONTRITE HEART

We should enter into confession with sorrow for the sins we have committed and with a heart full of love for God.

### What is contrition?

Contrition is a sorrow of mind, and a detestation for the sin committed, with the purpose of sinning no more. (Council of Trent)

### What is perfect contrition?

When it arises from a love by which God is loved above all else, contrition is called “perfect.” (CCC 1452)

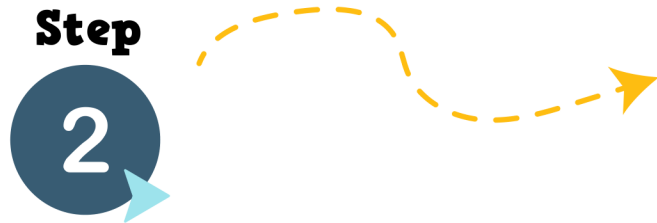
### What is imperfect contrition?

The contrition called “imperfect” ... is also a gift of God, a prompting of the Holy Spirit. It is born of the consideration of sin’s ugliness or the fear of eternal damnation and the other penalties threatening the sinner. (CCC 1453)

I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. (Luke 15:7)

## EXAMINATION OF CONSCIENCE

Use the following questions to help you reflect and pray about what you need to bring to the Lord in reconciliation.



1. Have I kept God first in my life? Do I always trust God?  
Do I pray every day?
2. Do I speak reverently about God and holy things?
3. Do I attend Mass every Sunday and on Holy Days of Obligation? Am I reverent in Mass? Do I participate in Mass? Do I keep Sunday a day of prayer and rest in God?
4. Do I listen to and respect my parents, teachers, and other adults? Have I been helpful and loving toward my family?
5. Have I held grudges instead of forgiving? Have I acted angry towards someone? Have I purposely hit anyone?
6. Have I taken something that doesn't belong to me? Have I cheated on homework or tests?
7. Am I always honest? Have I lied or deceived others?

### 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 it was in the beginning  
is now, and ever shall be  
world without end.  
Amen.

## Step



### **PENANCE**

Afterwards: We should do the penance that the priest instructed you.

“Penance compels the sinner cheerfully to undergo all things; in his heart is contrition; on his lips, confession; and in his deeds all humility, or a fruitful satisfaction.” - St Chrysostom

### **Our Father**

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy 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.

8. Have I destroyed or damaged my neighbors' things? Am I respectful towards my neighbors? Have I been upset when a friend got a new game or toy? Do I desire material things? Am I generous in giving and sharing the things I have to others, especially with those in need?
9. Do I regularly attend confession (after my first confession)?
10. Do I help support priests, nuns, and the Church to the best of my ability?
11. Have I always been kind to others?
12. Do I eat more food or desserts than I need? Do I take care of the spiritual, physical and medical needs of my body?
13. Have I been lazy? Have I put games before homework or chores? Do I manage my time wisely?
14. Have I used bad language? Have I called other kids names? Have I stayed angry at others? Have I been forgiving of others, even if they don't apologize?
15. Do I leave people out when I am playing a game? Am I always inclusive of others?
16. Have I encouraged or told others to sin?
17. Have I provoked others to sin?
18. Have I participated in the sin of others?
19. Have I remained silent when I could have spoken out against someone sinning?
20. Have I defended the sin of another person?

# Step 3

## GOING TO CONFESSION

Welcome: The priest welcomes the you and prays the sign of the cross with you.

**Confession: *It's been \_\_ weeks/months since my last confession and these are my sins... (list all your sins and the number of times you committed them to the best of your memory).***

Scripture: A short passage of scripture may be read.

Penance: The priest proposes a good action or prayer to help make up for sin and deepen virtue for your penance.

**Pray the Act of Contrition. We pray expressing personal sorrow and asking for forgiveness.**

Absolution: The priest grants absolution in the name of God and the Church. "... I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."

Praise of God and Dismissal: The priest invites you to praise God and dismisses you with the command to go in peace.

## 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.

OR

Lord Jesus Christ, Son of God,  
have mercy on me, a sinner.