

## December Supplemental Learning



### PREP Advent Penance | Sunday, December 17

7:00 pm (Level 3) | 7:20 pm (Levels 4 & 5) | 7:40 pm (Levels 6 & 7)

Other options: Saturdays, December 2, 9 & 16 | 3:00 pm  
Tuesday, December 19 | 7:00 pm | Parish Penance Service

Level 4 students should plan to arrive by 7:20 pm. If you are also bringing older students, you may bring them at the same time.

Students will be seated in the front middle pews and go to confession on a first-come, first-serve basis. Parents may be seated silently in the reserved pews in the back of Church. After confession, children will be directed to an assigned pew to say their Penance. When finished, they may find you in the back of Church and are free to leave.

### Supplemental Learning

- Read and think about the questions in the following Examination of Conscience. This will help you make a better confession as you realize the ways you have not shown God's love or what you are not proud of doing.
- Go over the attached Form for Confession to prepare for the Advent Penance Service. As a reminder, the Priest is there to help you should you forget what to say.

## EXAMINATION OF CONSCIENCE

- Have I put God first?
- Do I remember to talk to him?
- Do I choose what God wants for me over what I want for myself?
- Have I used God's name with care?
- Have I used God's name in the wrong way?
- Have I tried my best to worship God at Mass by singing, praying and listening?
- Have I misbehaved during Mass?
- Have I obeyed my parents?
- Have I talked back to them?
- Have I been kind to others?
- Have I solved disagreements in a peaceful way?
- Have I fought with anyone?
- Have I followed God's rules in how I treat my body?
- Do I respect the bodies of others?
- Have I respected other people's things?
- Have I taken something that doesn't belong to me?
- Have I told the truth?
- Have I told a lie or things that were only partly true?
- Have I told or listened to any dirty jokes?
- Have I watched any movies or shows that I shouldn't have seen?
- Have I tried to keep my mind on good things?
- Have I been happy with the things I have?
- Have I been jealous of others and what they have?

## FORM FOR CONFESSION

Student: Good Evening Father.

Father: Good Evening.

Student: (Make the sign of the cross while saying):  
Bless me, Father, for I have sinned. It has been (Tell how long) (i.e. 2 weeks, 1 month) since my last confession.

Father: (May say a prayer for trust)

Student: Amen.  
(Say your sins) (End by saying): These are all my sins.

Father: (Talks to you) (Gives you a penance)

Student: Act of Contrition  
O, my God, I am heartily sorry for having offended Thee and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasions of sin. Amen.

Father: I absolve you from your sins.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Student: (Make the sign of the cross) (Say): Amen.

Father: Give thanks to the Lord for He is good.

Student: His mercy endures forever.

Father: Go in peace, and may God bless you.

Student: Thank you Father.  
(Leave confessional. Say your penance.)