

My Confession Book

A Child's Preparation for
The Sacrament of Penance

by
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*"Whose sins you shall forgive, they
are forgiven them; and whose sins
you shall retain, they are retained."*

—John 20:23

TAN Books
Charlotte, North Carolina

NIHIL OBSTAT: John A. Schulien
Censor Librorum

IMPRIMATUR: ✠ Albert G. Meyer
Archbishop of Milwaukee
August 21, 1958

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This booklet was formerly titled *PAX: A Preparation for the Sacrament of Penance for Children*.

The author of the booklet is especially grateful to the Reverend Father Severin, O.S.B., Sister M. Jeanette, O.S.B., and to the many others who have given valuable assistance in the preparation of this little work.

Library of Congress Catalog Card No.: 97-60767

ISBN: 978-0-89555-600-4

TAN Books
Charlotte, North Carolina
2010



“He that has My Commandments
and keeps them, he it is that loves
Me.”
—*John 14:21*



PREPARATION FOR CONFESSION

Going to Confession is just like going to Jesus as this child does, to tell Him you are sorry for your sins.

He is glad to have you come to Him. He will forgive you all your sins. You need help to make a good Confession. Ask the Holy Ghost to help you, our Blessed Mother and your Guardian Angel to pray for you.

When you go to Confession you must tell the name of the sin and the number of times you committed it. This **must** be done if the sins are **mortal**, otherwise **no** sins are forgiven.

A sin is **mortal** if the following three things are present:

1. It must be a **big** sin.
2. We must **know** that it is a **big** sin.
3. We must **really intend to commit the big sin**.

(If even one point is missing, it is no mortal sin.)

Things necessary to receive the Sacrament of Penance worthily:

1. **Prayer** to the Holy Ghost.
2. **Examination of Conscience**—knowing and recalling your sins.
3. **Contrition**—being truly sorry for all your sins, because you have offended God who is so good.
4. **Firm Purpose of Amendment**—making up your mind never again to commit a sin, and to avoid occasions of sin.
5. **Confession**—telling your sins, and the number of times you committed them.
6. **Penance**—saying the prayers devoutly which the priest tells you to say.
(The penance should be said as soon as possible after Confession.)



Come Holy Ghost, enlighten my mind that I may clearly know my sins; touch my heart that I may be sorry for them, and better my life. Amen.