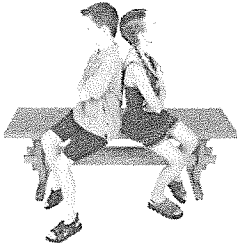


Ages 6-9

List of Potential Sins



___ Being angry with
a sibling



___ Being angry with
Mom or Dad



___ Not paying
attention in Church

___ Saying mean words
to him or her

___ Not listening to
Mom or Dad

___ forgetting to
pray

___ Not sharing
toys or space

___ Saying mean things to
them

___ Lying to some-
one

___ Wanting what
someone else has

___ Wanting to be the
only one Mom or Dad
pay attention to

___ Not letting God
have control in life

OTHER: _____

Prayers Before Confession

I CONFESS to God all my countless sins which I have committed till the present day and hour: in thought, word, and deed. Every day and every hour I sin by not being thankful to God for His many blessings to me.

I have sinned with my words, how I think of others, anger, pride, unkindness, inattention, paying back meanness with meanness, not listening, grumbling, blaming, self-will, lying, love only of myself, and attachment to things,

I have sinned through dozing and whispering in church, inattention during prayer in church and in private, not praying myself. I have sinned in thought, word and deed and by sight, hearing, smell, taste and touch, and by my other spiritual and bodily senses. But I repent of these sins and ask forgiveness.

I also repent and ask forgiveness for everything which I have not confessed through ignorance or forgetfulness.

In the Name of the Father, Son, and Holy Spirit, Lord hear my prayers. Please prepare my heart to confess the things I have done wrong, and all my sins to you. Please grant me humility and the desire to change. Amen.

Ages 10-13

List of Potential Sins

- | | |
|--|-------------|
| __Lack of a living relationship with God | OTHER:_____ |
| __Not caring about prayer, fasting, or going to Church | _____ |
| __Forgetting to pray or fast | _____ |
| __Not going to church | _____ |
| __Not reading the Bible | _____ |
| __Lack of love for my friends, my siblings, my parents | _____ |
| __Speaking badly of another person | _____ |
| __Fighting with others | _____ |
| __Being stubborn or angry with parents | _____ |
| __Being jealous of what other people have | _____ |
| __Lying, being insincere | _____ |
| __Not being thankful | _____ |
| __Judging others | _____ |
| __Thinking that I am the best | _____ |
| __Worrying about what others think of me, what I look like | _____ |
| __Not respecting my parents | _____ |
| __Not being gentle and open to those around me | _____ |

Prayers Before Confession

Lord Jesus Christ, Son of the Living God, Shepherd and Lamb, You offered Your life on the cross to take away the sins of the world. You granted forgiveness to Peter and to the harlot who turned to You in tears. Lord, receive me, a sinner, and hear my prayer of repentance. I acknowledge my sins and transgressions, on purpose or on accident, known and unknown. I firmly resolve, with the help of your grace, to turn away from my sins and to change my life according to Your teachings. Help me to walk in the way of the righteous and to offer praise to Your glorious name forever. Amen.

Prayer of St. John Chrysostom

Lord, deprive me not of Your heavenly and eternal blessings. Lord, if I have sinned in word or deed, in mind or spirit, forgive me. Lord, deliver me from all distress, ignorance, forgetfulness, laziness and stony hardness of heart. Lord, deliver me from all temptations and spiritual abandonment. Lord, enlighten my heart which has been darkened by evil desire. Lord, take heed of the weakness of my soul, and help me with Your grace, that Your Holy Name may be glorified in me. Lord Jesus Christ, inscribe the name of Your servant in the book of life, granting me a blessed end. Lord my God, I have done nothing good; yet by Your compassion help me to make a new beginning. Lord, refresh my heart with the dew of your grace. Lord, receive me in repentance and do not forsake me. Lord, enable me to love You with all my soul, my mind and heart; and my neighbor as myself. Lord, as you command; Lord, as You know all things; Lord as You desire in Your goodness; let Your will be done in me. Lord, let Your will, not mine, be done, through the intercessions of the all-holy Theotokos and of all the Saints, for You are Blessed forever. Amen.

Ages 14-18
List of Potential Sins

- | | |
|---|-------------------------------------|
| ___Ignorance of Sin | ___Lying |
| ___Forgetfulness | ___Wanting things that others have |
| ___Judgement of others | ___Always thinking I am right |
| ___Gossip | ___Not loving my neighbor |
| ___Worrying about what others think, what I look like | ___Not being thankful |
| ___Anger with friends, parents, siblings | ___Thinking only of myself |
| ___Thinking myself better than others | ___Drinking or using drugs |
| ___Lacking in a living relationship with God | ___Wanting to be noticed |
| ___Forgetting to read my Bible | ___Jealousy of someone |
| ___Forgetting to pray | ___Lust towards another |
| ___Laziness | ___Distraction at Church, in prayer |
| ___Wanting to eat well during the fast | ___Lack of belief or faith in God |
| ___Being quick to speak and slow to listen | ___Arguing with my parents, etc. |
| ___Getting defensive | ___Not respecting authority |
| ___Cheating in school | ___Cursing |
| ___Stealing | ___Not forgiving someone |

OTHER: _____

Prayers Before Confession

Sweet Jesus, my Lord and Master, through Your holy passion You have healed my evil passions, and through Your sacred wounds You have cured my sinful wounds. Grant me, who have greatly sinned against You, tears of compunction. purify my body with the fragrance of Your life-giving Body, and sweeten my soul with Your sacred Blood, casting out the bitterness with which the adversary has fed me. Lift up my earthbound mind to You and take me out of the pit of perdition. I have no sincere repentance, I have no true compunction, I have no consoling tears to lead me as a child of God to my spiritual inheritance. My mind has been darkened through worldly passions. I cannot look up to You in grieving remorse. I cannot warm myself with tears of love for You. But, Lord Jesus Christ, the treasury of blessings, grant me thorough repentance and a diligent heart to seek You. Grant me Your grace and renew in me the form of Your image. I have forsaken You; but, Lord, do not forsake me. Come out to seek me; lead me to Your pasture; number me among the sheep of Your chosen flock and nourish me with the food of Your sacred mysteries, through the intercessions of Your all-pure Mother and all the Saints. Amen.

O Lord my God, I confess that I have sinned against You in thought, word and deed.
I have also omitted to do what Your holy law requires of me.
But now with repentance and contrition I turn again to Your love and mercy.
I entreat You to forgive me all my transgression and to cleanse me from all my sins.
Lord, fill my heart with the light of Your truth. Strengthen my will by Your grace.
Teach me both to desire and to do only what pleases You. Amen.