

## STEPS TO A GOOD CONFESSION:

- 1) Prepare for Confession
  - a. Ask the Holy Spirit to help you to know your sins.
  - b. Use the Examination of Conscience to help you to call to mind your sins since your last confession.
  - c. Resolve to never do these sins again
  
- 2) Make a Good Confession
  - a. Choose to kneel (anonymous) or sit (face-to-face)
  - b. Begin with the Sign of the Cross and then say:  
"Bless me Father for I have sinned, it has been [how long] since my last confession, and these are my sins:"
  - c. Confess your serious (mortal sins) and confess any less serious (venial) sins you really want help with. When you are done confessing your sins, say:  
"For these and all my sins, I am sorry."
  - d. The priest may give you some advice and will give you a penance to do after your confession. Remember your penance.
  - e. Pray your **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. Amen"**
  - f. The priest will give you absolution. Make the Sign of the Cross as he says "...in the name of the Father and of the Son, and of the Holy Spirit."
  - g. The priest will give you a dismissal. You may respond:  
"Thanks be to God" or "Thank you Father."
  
- 3) Do Your Penance
  - a. Pray the prayers or do the action as the priest directed you for your penance
  - b. Thank God for his mercy.

# *For Middle School Youth*



## A Guide to the Sacrament of Penance

## AN EXAMINATION OF CONSCIENCE FOR YOUTH

### I am the Lord your God. You shall not have strange gods before me

- Have I wanted more things than I need, making things more important than God?

### You shall not take the name of the Lord your God in vain

- When I make promises, do I take them seriously?
- Do I use God's name carelessly or in anger?
- Do I use other inappropriate language?

### Remember to keep holy the Lord's day

- Did I stay home from church when I could have gone with my family?
- Have I tried to get a ride to church for Mass, if I needed one?
- Do I fully participate: listening, responding, singing, and praying?
- Have I remembered to pray regularly?

### Honor your father and your mother

- Do I obey my parents or do I delay obedience?
- Have I done my chores without complaining?
- Have I been disrespectful to my parents, teachers, or coaches?

### You shall not kill

- Do I keep my patience or do I lose my temper?
- Do I hold grudges and try to get even with others?
- Have I been unfair to others or bullied others?
- Have I tried to damage the reputation of someone?
- Have I refused to forgive someone?
- Have I caused another person to sin?

### You shall not commit adultery

- Have I forgotten to show respect for the bodies of others as well as myself?
- Have I used my body inappropriately?
- Do I avoid harmful things like drugs, tobacco, and alcohol?
- Have I watched inappropriate television or viewed inappropriate Internet sites?
- Do I dress modestly to show self-respect?

### You shall not steal

- Have I taken anything that did not belong to me?
- Have I "forgotten" to return something that I borrowed?
- Have I used money irresponsibly?
- Have I cheated on a test or during a game?

### You shall not bear false witness against your neighbor

- Have I been honest, truthful, and fair, or have I lied?
- Have I told lies to hurt someone?
- Have I lied or exaggerated to make myself look better to others?
- Have I copied someone else's homework?
- Have I gossiped or spread rumors about others?
- Have I used social media in hurtful or damaging ways?

### You shall not covet your neighbor's wife

- Have I been jealous of the friends of another?
- Have I been kind to others?
- Have I looked impurely or lustfully at another?

### You shall not covet your neighbor's goods

- Have I been jealous of the things that my friends have?
- Have I continuously begged my parents to buy things for me because my friends have them?
- Is it hard for me to share my things with others?
- Have I helped others when they needed help?

