

Examine Your Conscience:

Loving God (Commandments 1-3)

- ___ Do I pray every day, even when I find it hard to do so?
- ___ Do I always show respect to God, my family and friends by the words I use?
- ___ Have I gone to Mass every Sunday or asked an adult to take me to Mass?
- ___ Do I have a good attitude about attending Mass?
- ___ Do I pay attention at Mass? Do I remain prayerful and focused on Jesus?

Loving Others (Commandments 4-10)

- ___ Have I been disobedient or disrespectful to my parents?
- ___ Have I talked back to parents, teachers or others?
- ___ Have I been selfish toward my parents, siblings, teachers or friends?
- ___ Have I lied or been deceitful to my parents or to others?
- ___ Have I been prideful or stubborn?
- ___ Have I pouted and been moody?
- ___ Have I gotten angry and lost my temper?
- ___ Have I held grudges or not forgiven others?
- ___ Have I hit or shoved anyone?
- ___ Have I made fun of others and called them names?
- ___ Have I said mean things about other people behind their backs?
- ___ Have I used bad language?
- ___ Have I stolen anything? Have I returned it?
- ___ Have I skipped my household chores when I was supposed to do them?
- ___ Have I skipped my homework when I was supposed to do it?
- ___ Have I copied another person's answers on a test or assignment?
- ___ Have I destroyed or damaged someone's property?
- ___ Have I been jealous about what other people have?
- ___ Have I been jealous about what other people get to do?

How to Go to Confession:

Before you go in, take a few minutes to examine your conscience by asking yourself the questions on the other side of this paper...

When it is your turn and you go into the confessional:

- A) *Kneel behind the screen, or where Father can't see you, or*
- B) *Sit and talk with Father face to face*

Begin by making the Sign of the Cross, and say:

“Bless me Father for I have sinned. It has been _____ since my last confession, and these are my sins:

(List your sins now, and include about how many times)

“For these sins and for all my sins, I am truly sorry.”

(Father may give you some advice; he will give you a penance to do when you leave, and then he will ask you to make your Act of Contrition)

(Act of Contrition)

“My God, I am sorry for my sins with all my heart. In choosing to do wrong, and in 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.”

(Father will say the Prayer of Absolution, ending with “I absolve you from all your sins, in the Name of the Father, and of the Son, and of the Holy Spirit. Your sins are forgiven, go in peace.”)

“Thank you, Father!”

(Exit the confessional and find a quiet spot to do your penance.)

