



# EXAMINATION OF CONSCIENCE FOR TEENS

## STEPS FOR MAKING A GOOD CONFESSION

1. Examine your conscience by using the questions provided and reflecting on your sins.
2. Say “Bless me, Father, for I have sinned. It has been [say the amount of time: weeks, months, or years] since my last confession. These are my sins.”
3. Tell your sins to the priest, who is there taking the place of Jesus. He is there to hear your sins and give you God’s forgiveness.
4. When you have finished listing your sins, the priest will offer some advice. Listen to him carefully. He will then give you a penance.
5. Say the Act of Contrition.
6. Listen as the priest prays the Prayer of Absolution (this is the moment when your sins are forgiven). Make the Sign of the Cross when the priest does the same.
7. Return to your pew and pray your penance.

## 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 are 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 occasion of sin. Amen.

## **FIRST COMMANDMENT**

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

Do I love God above all things or have I made other things (clothes, sports, TV, music, pleasure, peer approval) more important than God?

Do I pray every day? Do I pray only when I need something or do I also thank God, too?

Have I put trust in superstitions or good luck charms, or do I trust in God alone?

Do I make a serious effort to learn more about my faith?

Have I ignored any Church teaching or denied that I am a Catholic? Do I pick and choose only the parts of God's message that I like?

## **SECOND COMMANDMENT**

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

Have I used the names "God" or "Jesus" carelessly or in anger?

Have I used bad language?

Have I wished harm on someone?

Have I been disrespectful to the Blessed Virgin Mary, the saints, the Church or those who have consecrated their lives to God?

## **THIRD COMMANDMENT**

*Remember to keep holy the Lord's Day.*

Have I missed Mass on Sunday or any holy day of obligation through my own fault?

Do I arrive at church late or leave early without serious reason?

Am I reverent and pay attention during Mass?

Do I avoid unnecessary work on Sunday?

## **FOURTH COMMANDMENT**

*Honor your father and your mother.*

Do I try to bring happiness and peace to my family?

Do I respect and obey my parents?

Have I dishonored or mistreated my parents or members of my family with my words or actions?

Do I help around the house or must I be reminded?

Do I try to get along with my siblings? Am I a good example for younger siblings?

Do I respect others in authority: parents, teachers, coaches, etc?

Do I make time to visit my relatives?

## **FIFTH COMMANDMENT**

*You shall not kill.*

Have I been violent toward others with my words or actions?

Do I intentionally harm my own body?

Do I say mean things, or make fun of others?

Have I stopped speaking to anyone or failed to forgive someone?

Do I hold grudges or try to get even with others?

Do I get angry easily or lose my temper?

Do I encourage others to do things I know are wrong?

Have I harmed animals, littered or been destructive to the environment?

Do I try to love all people, born and unborn?

## **SIXTH COMMANDMENT**

*You shall not commit adultery.*

Do I treat my body and other people's bodies with respect?

Do I watch shows, movies, videos or pictures that are sinful or that don't respect the human body?

Am I modest with my words and the clothes I wear?

Do I talk to others in a way that does not respect God's gift of sexuality?

Do I treat others as objects with my words or actions?

Have I failed to keep myself pure?

## **SEVENTH COMMANDMENT**

*You shall not steal.*

Have I been greedy or jealous of things other people have?

Do I resent others' popularity or success?

Have I taken things that were not mine?

Have I destroyed or misused another person's property?

Do I return things that I borrow?

Have I wasted time, goods or food?

Do I share what I have with those in need?

## **EIGHTH COMMANDMENT**

*You shall not commit false witness against your neighbor.*

Have I kept my promises?

Did I break a secret or a confidence?

Am I honest in my work at school or at home?

Do I tell lies to make myself look good or to protect myself from punishment?

Do I tell lies that make another person look bad?

## **NINTH COMMANDMENT**

*You shall not covet your neighbor's wife.*

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?

Do I get mad when I have to share my friends?

Are there people I will not be friends with or am mean to?

## **TENTH COMMANDMENT**

*You shall not covet  
your neighbor's goods.*

Am I jealous of other people's things or abilities?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and with the poor?



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