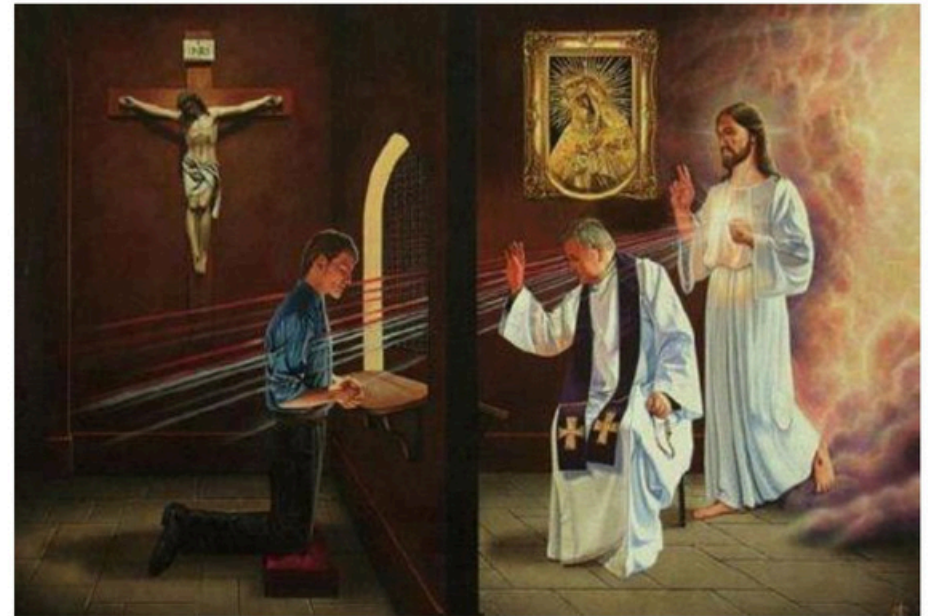


## How to Make a Good Confession:

1. Examine your conscience.
2. When you are prepared, go in to the confessional **and begin with the Sign of the Cross out loud.**
3. Then say, **“Bless me Father for I have sinned. It has been (weeks, months, or years) since my last confession. These are my sins:** Tell the priest your mortal sins in *number and kind*, starting with any you are particularly struggling with. Let the priest know you are done by saying, **“for these and all my sins I am sincerely sorry.”**
4. The priest will give you a penance.
5. Make the Act of Contrition: **O my God, I am heartily sorry for having offended You. I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, O my God, who art all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.**
6. The Priest will then give you absolution, the sacramental forgiveness of the Church, and a penance. Bow your head and receive the priest’s absolution with humility and gratitude. **Make the Sign of the Cross when he does and listen to his words attentively.** The priest will dismiss you with a prayer. **Response: Thanks be to God.**

Leave knowing of God's mercy and forgiveness! Give thanks to God for forgiving you again. Take time to pray in the church after your Confession, especially if your penance was to say certain prayers.

## Teen Examination of Conscience



**“Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God.”**

**- St. John Paul II**



# **Examination of Conscience**

**Pray to the Holy Spirit, asking for the courage to see your sins and confess them honestly.**

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

- Do I pray to God each day?
- Do I choose sports, people, TV, video games, money, or sleep instead of making time for prayer or going to Mass, Faith Formation or other faith opportunities?
- Do I trust in good luck, witchcraft, horoscopes, or superstition instead of the love and perfect plan of God?
- Have I purposely ever denied that I believe in God or that I am Catholic?
- Do I care more about how I appear to others than how I appear before God?
- Have I received Communion in the state of mortal sin?
- Have I ever purposely not confessed a serious sin before? I would like to confess it now...

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

- Do I swear or use inappropriate language?
- Have I used the Holy Name of Jesus or God in a cursing way? ("Like, 'Oh my God!'")
- Have I written on social media or said things that make fun of God or holy things?
- Have I made jokes about God, Jesus, Mary, the Church in an irreverent way or laughed at other people's jokes that make fun of God or holy things?
- Do I treat holy items like my Bible with respect?
- Do I watch movies/TV shows that mock God and/or the Church?
- Have I encouraged others to make fun of God and holy things?

## **III. Remember to keep holy the Lord's day.**

- Do I miss Mass on Sunday or any holy day of obligation or chose sports or another activity instead? (Bad weather and being sick does not count)
- Do I try to pay attention at Mass, or do I just zone out?
- Do I save homework for Sunday, even though it is a day of rest?
- Do I regularly arrive at church late or leave early (before the final blessing)?

## **IV. Honor your father and your mother.**

- Do I make fun of my parents behind their back to others?
- Do I disrespect my mother/father, not listening to them, calling them names, making fun of them, yelling at them?
- Have I refused to help or cooperate with my parents?
- I am unkind to my siblings, picking fights, making fun of them, criticizing them, making them feel stupid or not good enough?
- Do I bully my siblings and take from them?
- Do I apologize when I do something wrong to my family members?
- Have I respected others in authority, such as my teachers/coaches, etc?

## **V. You shall not kill.**

- Have I physically hurt another person on purpose?
- Have I physically hurt myself on purpose?
- Do I make fun of other people, exclude them, and say things that I know will make them feel bad, either in person or on social media?
- Do I talk about people behind their backs in a negative way?
- Have I encouraged someone to do something that we knew was wrong?
- Do I keep feelings of hatred, resentment, or anger in my heart against another person?
- Have I refused to forgive someone?

## **VI. You shall not commit adultery.**

- Have I given in to impure or immoral acts (ie hugging, kissing, sending or asking for inappropriate photographs)?
- Have I purposely watched TV shows/movies that include inappropriate or disrespectful jokes or scenes?
- Have I looked at inappropriate or disrespectful videos/images on my phone, tablet, computer, movies, books, or magazines?
- Have I have purposely not dressed modestly, such as wearing short, tight, or inappropriate clothes?

## **VII. You shall not steal.**

- Have I taken things that were not mine from someone else or a store?
- Have I destroyed or broke another person's property on purpose?
- Do I cheat in school, like copying answers on homework or on tests?
- Do I waste time at school or when I should be doing homework, stealing time and effort from my teacher, my parents, and myself?
- Am I careless with things that I borrow from others and give them back in a bad condition?

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

- Do I lie to others to get away with doing something wrong?
- Do I exaggerate things about myself to others to make myself look better?
- Do I gossip about others, purposely sharing secrets with others that are often not even the whole truth?
- Do I spread lies about another person, slandering their reputation?
- Did I reveal secrets when I should have remained silent?

## **IX. You shall not covet your neighbor's spouse.**

- Have I told impure jokes to others that go against the dignity of the human body?
- Do I listen to music that has impure or dirty themes, lines, or jokes?
- Did I give my mind over to lustful thoughts, fantasies, or glances?

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

- Am I jealous of others—their clothes, talents, friendships, money, etc?
- Am I grateful to God or my parents for what I have?
- Do I care more about owning a lot of clothes, electronics, or other things than about giving to others or using what I already have?
- Am I critical or negative in my thoughts or words towards myself or others?