
Examination of Conscience for Teenagers

Prayer before Examination

O Holy Spirit, source of all light, Spirit of wisdom, understanding, and knowledge, come to my assistance and help me to make a good confession. Bring to mind the wrong I have done and the good which I have neglected. Permit me to not be blinded by self-love. Grant me heartfelt sorrow for my faults, and the grace of a sincere confession, so that I may be forgiven and admitted into your friendship.

Relationship with God

How do I pray?

- Out of my personal relationship and respect for God
- *Out of fear • Out of need • Out of desire for personal gain • I don't pray*

← Virtuous Life

← Sinful Life

How do I attend Mass? Every Sunday and Holy day of obligation?

- Regularly, respecting the Eucharist and as part of the community • I contribute to the Church
- *Out of habit or fear • Bitterly, because I should • When it fits my schedule • I don't attend*

How do I use God's name?

- Out of respect and love
- *To swear • To express anger • Casually and without much thought*

How do I treat all of God's creation?

- I respect others equally regardless of race, religion, or economic status • I see all life as sacred even the unborn • I am considerate of the environment and our limited resources
- *I am wasteful with the earth's resources • My relationship with God is separate from everything else and has no impact on how I see or treat the world around me • I have had an abortion or helped/convinced another*

Relationship with Others (the Church)

How do I treat my family?

- Help when they are in need, even when it is not convenient for me • Tell my parents where I am going and whom I am hanging out with • Respect my parents • Believe that family comes first • Forgive them when I feel they've hurt me
- *Tease and push around my siblings • Fight with or ignore members of my family and make no effort to try to make peace with them*

How do I treat my teachers? How do I treat coaches, bosses, priests, and others in authority?

- I do all my work and show respect
- *I am rude and disruptive • I don't do homework • I am bored and don't pay attention*

How do I treat people that I don't know?

- Honor and follow through on all the promises and commitments I have made • Kind and courteous • Share what I have with others
- *Cheat or lie to get what I need • I don't care because I'll never see them again*

How do I treat my friends?

- With love and respect • Accept and understand their differences • Forgive them when they hurt me • Compliment and encourage them
- *Use them to gain popularity or gifts • Make fun of them behind their backs*

How do I treat other people's sexuality?

- I see sex as a gift from God and something that should be saved for marriage
- *I use crude language and jokes • I use people for my own physical pleasure • I view pornography or otherwise abuse the internet • I see sex as something to be shared by any two people who think they love each other, even outside of marriage*

Relationship with Myself

How do I see myself?

- Created in the image and likeness of God
- *I focus only on what I don't like about myself • I frequently compare myself to others*

How do I treat myself?

- I care for my physical, emotional, and spiritual well-being • I respect my God-given sexuality
- *Misuse drugs, tobacco or alcohol • Engaging in sexual activity or masturbation • Physically harming my body*

How seriously do I take my education?

- Complete my assignments • Participate in class and school activities
- *Blow off my studies • Underappreciating the gift of education*

How do I make choices?

- My relationship with God tells me it's the right thing to do
- *Because everyone is doing it • The easy way out of the situation • Out of a desire to be popular*

Summary Reflections

- For what do I seek forgiveness through confession? • How do I want God to transform me?
 - How will I accept God's grace to change?

Ten Steps While in Confession with The Priest

1. Walk in the confessional. If there is a choice, choose to go face-to-face or kneel behind the screen.
2. After the priest says, "In the name of the..." you say: **"Father forgive me for I have sinned, it has been (estimate # of months, years, etc.) since my last confession."**
3. List your sins, technically you only need to tell the priest the kind of sin you have committed and how many times. For example, "I stole money from the store 5 times."
4. The priest may ask you to clarify some point. For example, "why did you steal the money?"
5. The priest will give you a penance, he may also explain why he is giving you that penance and he may give you some advice to help you with whatever situation you are in.
6. Feel free to ask any questions you may have, mindful of the possible line for confession.
7. The priest will ask you to pray an act of contrition (found below) you can use your own words, include: I'm sorry, I am relying on the mercy of Jesus Christ, and I promise to try and sin no more.
8. Listen to the prayer of absolution that the priest prays over you. Remember to make the sign of the cross when the priest says, "In the name of the Father, the son, and the Holy Spirit..."
9. If the priest says the words "Go in peace" or "Go in peace, your sins are forgiven you" respond with **"thanks be to God"** just like at the end of Mass, afterwards you may go.
10. Do penance as soon as you are able. Unless you intentionally withheld a sin, all your sin is forgiven.

Traditional 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 art 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 occasions of sin.

Contemporary 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.