

CONFESSION IN 7 STEPS

1 Before going to Confession, it is important to make an Examination of Conscience, taking stock of what sins you have committed since your last Confession.

5 When invited, express some prayer of sorrow or Act of Contrition such as:

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.

6 The Priest will then pray the words of absolution. This is the sacramental forgiveness of the Church through the ordained priest. As you listen to the prayer you may make the sign of the cross with the priest.

3 Say the sins that you remember. Start with the most difficult to confess.

4 Listen to the words of the priest. He may give you some advice, and will assign you some penance, usually a prayer of some sort.

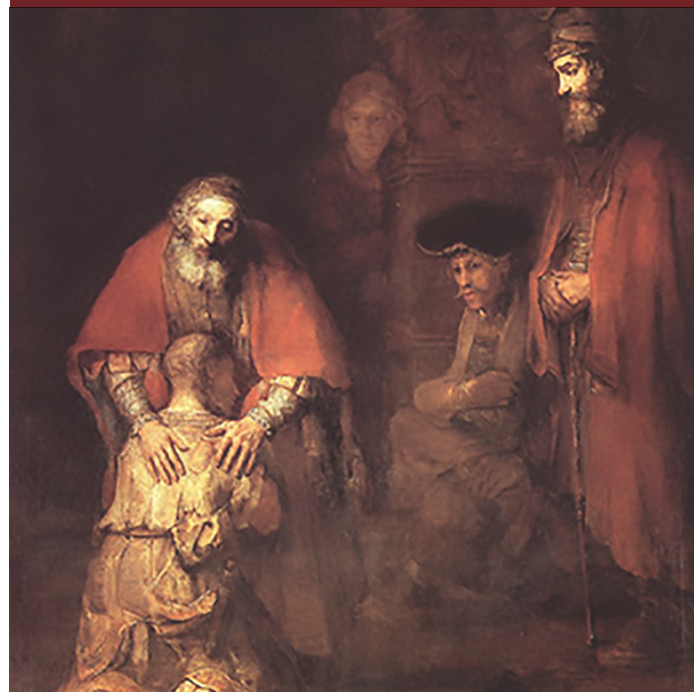
2 Begin your confession with the sign of the cross, and how long it has been since your last Confession:

In the name of the Father, and of the Son, and of the Holy Spirit.

Forgive me father, for I have sinned. It has been _____ (weeks/months/years) since my last confession.

7 Go to the Blessed Sacrament Chapel to do the penance given to you, and thank God for his forgiveness and mercy!

SACRAMENT OF RECONCILIATION



EXAMINATION OF CONSCIENCE

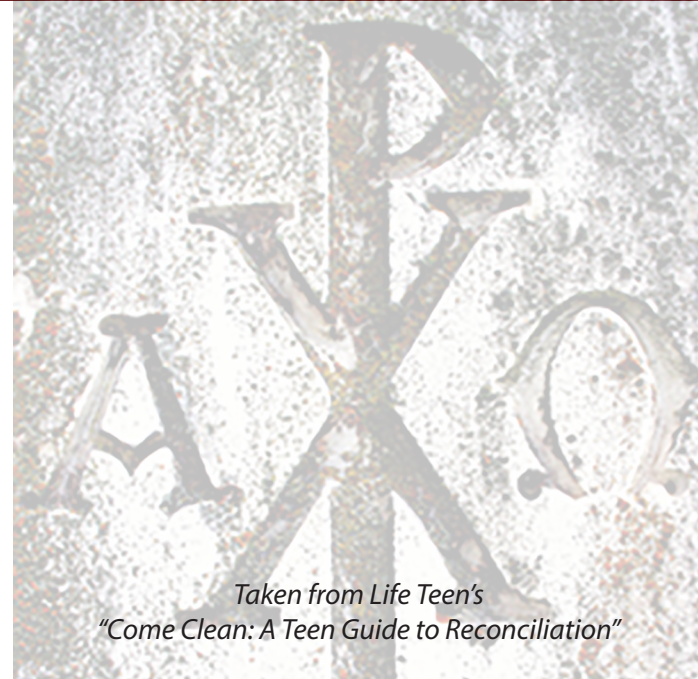
I am the Lord your God, you shall have no other gods besides me.

Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time everyday in prayer? Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God? Am I angry toward God because of illness or misfortune? Have I been involved with magic, horoscopes, Ouija boards, or fortune telling?

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

Did I curse or swear? Did I use God's name in vain, lightly, carelessly, by blasphemy? Have I used foul language or jokes? In conversation, have I passively listened to slander and to jokes demeaning to the Church, or God's authority? Do I say hurtful things to others when I am angry or upset? Do I put down other people?

EXAMINATION OF CONSCIENCE



*Taken from Life Teen's
"Come Clean: A Teen Guide to Reconciliation"*

EXAMINATION OF CONSCIENCE

You shall not covet your neighbor's wife.

Have I consented to impure thoughts? Have I encouraged them by stares, curiosity, or impure conversations? Did I neglect to control my imagination or desire of other people? Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them?

You shall not covet your neighbor's goods.

Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Do I habitually compare myself with others? Am I moody or gloomy? Do I work, study and keep busy to counter idle thoughts? Am I critical, negative, or uncharitable in my thoughts of others? Is my heart set on earthly possessions or on the treasures in Heaven?

EXAMINATION OF CONSCIENCE

Remember the Sabbath day, to keep it holy.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to communion at least once a year? Did I receive Holy Communion in the state of serious sin? Have I been to confession recently? Have I allowed myself to become so dominated by my work and chores that I have not set aside Sunday for spiritual and family activities?

Honor your father and your mother.

Did I honor and obey my parents? Did I respect my brothers and sisters? Did I respect others with lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family? Do I blame my parents for my own shortcomings?

EXAMINATION OF CONSCIENCE

You shall not kill.

Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? Have I ever struck anyone in anger, intending to injure the person? Did I fight, give a bad example or cause scandal? Have I abused alcohol or drugs? Have I had or in any way permitted or encouraged abortion? Have I thought about suicide? Have I killed someone? Have I greatly damaged the reputation of another through gossip and slander?

You shall not commit adultery.

Do I value and respect my sexuality? Do I try to develop healthy relationships and avoid relationships where people are treated like things? Did I consent to impure glances? Passionate kisses? Sinful touches? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines or videos? Am I guilty of impurity with myself or with others? Do I respect the relationship God has set up between sexual intimacy and marriage? Do I avoid laziness, gluttony, idleness and the occasions of impurity?

EXAMINATION OF CONSCIENCE

You shall not steal.

Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests or homework? Did I waste time at work? Have I been extravagant in my manner of life, to the neglect of the poor at home and abroad?

You shall not bear false witness against your neighbor.

Have I lied or gossiped? Talked about another person behind their back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? Am I critical, negative or uncharitable in my talk? Have I injured the reputation of others by speaking about their failures and sins with little desire or intention to help them? Have I condoned prejudice and hatred toward people of other nationalities, races or religions?