



“There will be joy in Heaven over one sinner who repents.”

How to Go to Confession

Prepare to make a good confession by thinking about your sins.
Make a firm commitment, asking God’s help, not to sin again.

Rite of Penance

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent: Bless me Father, for I have sinned. It has been (how long?) since my last confession. These are my sins...

For these and all sins of my past life, I am truly sorry.

The Priest gives you a penance and then gives you Absolution.

Penitent should recite or do penance as soon as possible

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. Amen.

THE TEN COMMANDMENTS

An Examination of Conscience for a Good Confession

1. **I AM THE LORD YOUR GOD: YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.** Did I fail to love God, make Him first in my life, thank Him, trust Him? Have I doubted or denied my faith? Was I careless with my prayers? Do I give God time every day in prayer?
2. **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?
3. **REMEMBER TO KEEP HOLY THE SABBATH.** 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? Did I lie to or deliberately conceal something from the priest in a previous confession? Did I do unnecessary work on Sunday?
4. **HONOR YOUR FATHER AND YOUR MOTHER.** Did I honor and obey my parents? Respect my brothers and sisters? Respect lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family?
5. **YOU SHALL NOT KILL.** Did I give in to feelings of anger or jealousy? Did I keep hatred in my heart? 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 an abortion?
6. **YOU SHALL NOT COMMIT ADULTERY.** Was I immodest in dress or behavior? Am I guilty of sexual sins, alone or with someone else? Do I live chastely according to my state in life (married, single, ordained)?
7. **YOU SHALL NOT STEAL.** Have I stolen what is not mine? What, how much? Did I return it or make up for what I stole? Have I cheated on tests or homework?
8. **YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.** Have I lied, gossiped? Talked about another behind his back? Do I always tell the truth? Did I reveal confidential secrets? Am I critical, negative or uncharitable in my talk?
9. **YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.** Have I consented to impure thoughts? Have I encouraged them by inappropriate conversations? Did I neglect to control my imagination?
10. **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? 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 FOR CHILDREN

1. Did I pay attention at Mass?
2. Have I fooled around in Church?
3. Did I say my prayers every day?
4. Did I say mean things to my mom or dad?
5. Did I always say “Thank You” to people?
6. Am I hard to get along with (during school, at Grandma’s, at home)?
7. Did I do what my mom and dad told me to do? My teacher?
8. Was I lazy around the house?
9. Did I do my chores?
10. Did I hurt other people’s feelings by calling them bad names?
11. Have I started fights with my brothers and sisters at home?
12. Have I blamed other people for things I do?
13. Did I get other people into trouble?
14. Do I hit people when I get mad?
15. Have I forgiven people? Or am I holding a grudge?
16. Have I cheated or been unfair in games?
17. Did I refuse to play with someone for no good reason?
18. Was I lazy about my schoolwork?
19. Did I fail to do my homework?
20. Did I cheat in school?
21. How many times did I lie to my parents? My teachers? My friends?
22. Did I take anything that didn’t belong to me?



*So we are ambassadors for Christ,
as if God were appealing through us.*

*We implore you
on behalf of Christ,
be reconciled to God.
- 2 Corinthians 5:20*