

Examination of Conscience

Please think about these questions before you go to Confession.

- Do I pray to God every day? Do I pray for my family and friends?
- Have I thanked God for His gifts to me?
- Am I attentive at Mass? Do I receive Communion with care and attention, loving Jesus?
- Have I chosen to miss attending Mass on Sundays or holy days of obligation?
- Have I spoken God's name in a disrespectful way?
- Have I respected my parents and teachers?
- Have I harmed other people with my actions?
- Have I been rude or impatient?
- Have I taken anything that I did not have the right to take?
- Have I said things that would hurt someone?
- Have I gossiped?
- Have I yelled at someone?
- Have I lied to my parents, teachers, friends?
- Have I pointed out something negative or embarrassing about someone else?
- Have I spoken badly of the Church?
- Have I bragged about myself or my grades?
- Have I given anyone negative looks or rolled my eyes in impatience?
- Have I used my time and talents to do God's will?
- Do I tell people how much I appreciate them?
- Are there people that I refuse to forgive?
- Have I envied other people for what they have?
- Have I been pure, chaste, and good in my thoughts, words, jokes, music choices, the way I dress, what I watch, and my actions?
- Have I wasted the time God has given me? Lazy?
- Have I been faithful to the duties I have been given? For example, do I do my homework on time and with excellence? No cheating?
- Have I taken good care of the things I am responsible for?
- Have I blamed other people for my faults?
Have I stolen anything?
- Am I hard to get along with?

ACT OF CONTRITION

O 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.

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Rite of Reconciliation

YOU MAKE THE SIGN OF THE CROSS AND PRAY:

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

Father may choose to say a short prayer.

YOU SAY:

Bless me, Father, for I have sinned.

It has been (how long?) since my last confession
OR

This is my first Confession and these are my sins.

YOU CONFESS YOUR SINS.

Father may talk to you about how you can learn to love God and others more.

FATHER GIVES YOU A PENANCE.

It may be prayers or actions

to help you grow closer to God and heal any hurt your sin may have caused yourself, others, and your Church family.

FATHER INVITES YOU PRAY THE ACT OF CONTRITION

(which tells God you are sorry)

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FATHER PRAYS:

- He gives you absolution in the name of God, who loves you, and in the name of the Church, the family you have been baptized into.
- He puts his hand on your head and tells you that you are forgiven by God. (If you are doing a face-to-face confession.)

YOU MAKE THE SIGN OF THE CROSS.

Father gives thanks to God and tells you to go in peace.

It is okay to ask Father to remind you of your penance.

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