

How to go to Confession

1. Make the sign of the cross and say: "Bless me Father for I have sinned. It has been _____ (days/weeks/months/years) since my last confession and these are my sins."

2. The penitent confesses his or hers sins and when finished says something to the effect of: "For all of my sins I am truly sorry and ask for forgiveness."

3. Then the priest will give some counsel and a penance. When he asks for the act of contrition it may be prayed as follows or some other familiar formula:

The 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.

4. The priest finishes the confession with the prayer of absolution. When he makes the sign of the cross over you, you should trace the sign of the cross on yourself.

5. Do any acts of penance the priest has instructed you to do as soon as you can.

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**Examination of Conscience
Based on the Ten Commandments**

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

Do I give time every day to God in prayer?
Have I denied that I believe in God or that I am a Catholic?

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

Have I used the words "God" or "Jesus" in anger or irreverently?
Have I used foul or ugly language? Have I wished evil on another?

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

Have I missed Mass on Sunday or any holy day of obligation?

Do I arrive at church late or leave early? Do I try to be reverent and pay attention during Mass?

Do I make Sunday a day of prayer or rest?

IV. Honor your father and your mother.

Do I respect and obey my parents?
Am I willing to help around the house or must I be nagged a hundred times?

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Do I respect and obey my parents?
Am I willing to help around the house or must I be nagged a hundred times?

Do I try to get along with my brothers and sisters? Am I a tattletale or bully?

Do I respect others in authority: teachers, priests, nuns, police, my grandparents, my baby-sitters?

V. You shall not kill.

Do I beat up others or hurt their bodies?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Have I stopped speaking to anyone? Do I encourage others to do bad things?

Do I try to love all people?

VI. You shall not commit adultery.

Do I treat my body and other people's bodies with purity and respect?

VII. You shall not steal.

Have I taken things that were not mine from a store or another person?

Have I destroyed or misused another person's property for fun?

Do I return things that I borrow? Are they returned in good condition?

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

Am I honest in my school work?

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

IX. You shall not covet your neighbor's wife.

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?

Do I get mad when I have to share my friends?

Are there kids I will not play with or be mean to because they look different?

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

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?

Be truly sorry for your sins and express this sorrow to God

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