

PRAYERS

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of your just punishments, but most of all because they offend You my God, who are all-good and deserving of all my love. I firmly resolve, with the help of your Grace, to sin no more and to avoid the near occasions of sin.

BEFORE GOING TO CONFESSION

1. **Examine your conscience:** Ask the Holy Spirit for light to remember the sins you have committed since your last confession. To help you, *read the questions on the next page.*
2. **Be sorry for your sins:** Because they offend God who wants, and deserves all our love.
3. **Firmly resolve with God's help not to sin again:** Make a resolution to avoid the occasions of sin (certain persons, places, or things that lead us to sin).

GOING TO CONFESSION

YOU: Kneel down, make the sign of the cross saying, **IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

PRIEST says "May our Lord be in your heart and help you....."

YOU may say: **LORD, YOU KNOW ALL THINGS; YOU KNOW THAT I LOVE YOU. IT HAS BEEN (how long) SINCE MY LAST CONFESSION, AND THESE ARE MY SINS.**

- Tell your sins to the priest. (If you have committed any serious sins, mention them first, and the number of times you committed them.)
- Listen to the advice the priest gives you. He will also give you a penance (which is a prayer or a good work that you do to show God that you are very sorry for your sins) and then invite you to make an act of contrition.
- Make an act of contrition saying: **LORD JESUS, SON OF GOD, HAVE MERCY ON ME, A SINNER.**

PRIEST says the words of absolution forgiving your sins, "...And I absolve you from your sins, in the name of the Father, and of the Son, + and of the Holy Spirit."

YOU answer: **AMEN.**

AFTER GOING TO CONFESSION

Go immediately to the chapel and say your penance.

EXAMINATION OF CONSCIENCE

Did I fail to love and honor my Father God by not saying my prayers after getting up and going to bed?

Did I use God's or Christ's name in vain, or in anger?
Did I miss Mass on Sundays or Holy Days of obligation?
Did I misbehave in church by looking around, talking, and not paying attention to the Liturgy?
Did I receive Holy Communion after committing a mortal sin, without going first to confession to receive forgiveness?

Did I talk back, get angry with, or complain to my parents?
Did I disobey my father or mother?
Did I fail to do my household chores?
Do I fail to fulfill my obligations punctually because of laziness, for example, by staying in bed after the alarm sounds?
Did I get bad grades because I didn't study or do my homework?
Have I wasted time each day looking at the internet or playing games on the computer?
Did I leave my room or closet in a mess?

Do I harbor any resentment toward my brothers or sisters?
Have I quarreled or fought with them?
Have I refused to help them when they needed it?
Have I failed to show respect for my teachers?

Did I give bad example to others, or join them to do something bad, such as destroying property (vandalism), speaking badly about my parents or teachers (defamation), or looking at bad videos?

Do I go with bad companions?
Have I dressed immodestly?
Have I listened to, or started indecent conversations?
Have I looked at girls with a bad intention?
Have I looked at dirty pictures, movies or internet sites?
Have I committed any act of impurity with myself or others?

Do I easily get angry or lose my temper? Did I curse anyone?
Did I act like a bully toward anyone younger than myself?
Did I dislike anyone because he is a better student or athlete than I, or is better liked by the others? (envy)

Have I failed to correct my friends when they acted badly?
Am I ashamed to do the right thing just because others do not agree, or will make fun of me (cowardice)?

Have I stolen money or any object from the store or from school?
And did I give the money or articles back to their owner?
Do I complain because others have, or get more, than I do?
Have I been selfish by not sharing what I have with others?

Did I stuff myself, eating like an animal? (gluttony)
Do I grab the tastiest food for myself first, and not share it?

Did I tell lies to avoid punishment, to avoid chores, or to look good to others? (cowardice, laziness and vanity)
Did I talk behind anyone's back, spread rumors (gossip), or make false accusations against anyone? (slander)
Did I blame others to avoid getting blamed myself?
Have I told them I was sorry and tell others I was wrong?