

The Sacrament of Reconciliation

- Pray for the Holy Spirit to help enlighten your conscience.
- Do your examination of Conscience prayerfully.
- When you go into the confessional (face to face or behind the screen), begin by saying "Forgive me Father, for I have sinned. It has been ____ (state length of time) since my last confessions."
- Then tell your sins, especially any serious ones. When you are finished say "For these and all my sins I am sorry"
- The priest will give the necessary advice and assign your penance.
- Then you will pray the Act of Contrition (shown below)

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.



- The priest will give you absolution. Once you leave, do your penance as soon as possible

Examination of Conscience

1. You shall have no other gods besides the Lord.

Do I love God above all things? Is He first in my life or do I put myself before God? Has money and pleasure become more important to me than the God who created me for Himself? Do I pray often? Have I neglected my friendship with God by neglecting prayer? Have I been involved with occult or superstitious practices, i.e., fortune telling? Have I ever received Holy Communion in the state of mortal sin? Have I told a lie in confession or deliberately withheld confessing a mortal sin?

2. You shall not take the Lord your God's name in vain.

Have I ever committed perjury, that is, lied under oath in a court of law? Have I ever lied after "swearing to God" that I am telling the truth? Have I ever used God's name out of anger, that is, as a curse?

3. Keep the Sabbath day holy.

Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday)? Have I ever missed Mass on a Holy Day of Obligation or an important holiday in the liturgical calendar (i.e., Holy Thursday, Good Friday, Easter Sunday, Christmas, Mary the Mother of God, etc.)?

4. Honor your father and your mother.

Do I disobey my parents? Do I fail to respect them? Do I swear at them? Am I ashamed of them? Do I let them know I love them? Do I lie to them? Do I steal from them? Am I obeying and honoring those in place of my parents, such as teachers and principals? Do I skip class? Do I lie to my teachers? Do I swear at them?

(over)

Teen Examination of Conscience

5. You shall not kill.

Am I killing myself by taking illegal drugs, such as marijuana? Abusing alcohol? Have I had an abortion? Have I ever counseled anyone to have an abortion? Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality? Have I used contraceptives or encouraged anyone to do so? Have I sterilized myself in any way or encouraged anyone to do so? Did I participate in or approve of euthanasia or "mercy-killing"? Have I murdered anyone's reputation by deliberately spreading rumors or keeping rumors alive by passing them on? Do I nurse anger against anyone? Hold a grudge? Refuse to forgive another? Have I cursed anyone?

6. You shall not commit adultery.

Have I ever had sex with anyone? Have I had sex with myself? Have I ever watched pornography either on the Internet or through some other media? Have I ever freely and deliberately entertained impure thoughts? Have I practiced any form of contraception? Am I modest in dress?

7. You shall not steal.

Do I steal from my parents? Do I steal from friends? Have I ever stolen from a stranger? Have I stolen any property from a store? In other words, have I ever taken what rightfully belongs to another? Do I gamble excessively? Do I seek to share what I have with the poor and needy?

8. You shall not bear false witness against your neighbor.

Am I a liar? Am I guilty of detraction, that is, making known the faults of others? Am I guilty of slander, that is, spreading lies about someone? Do I gossip about others? Do I reveal information that should be confidential? Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?

9. & 10. You shall not envy your neighbor's wife and goods.

Am I envious of others? Do I wish that others be deprived of the goods or talents that are theirs? Am I jealous of others? Do I harbor unforgiveness and grudges against others? Am I a resentful person? Do I put down others?

