

Examination of Conscience

for teens

Before going to the Sacrament of Reconciliation pray through the following questions

You shall have no other gods beside the Lord your God

Do I love God above all things—TV, computers, social media, money, sports, clothes? Is He number one in my life or do I put myself or idols (famous celebrities/athletes) before God? Do I pray often? Have I neglected my friendship with God by neglecting prayer? Do I only pray when I need something or do I take time to praise and thank him? Do I endanger my faith in God by superstitious or evil practices (witchcraft, Ouija boards, fortune tellers, horoscopes)? Have I denied my faith before others? Have I been willing to affirm, defend and practice my faith before others and not just in private?

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

Do I love and have reverence for God's name? Have I used God's name carelessly, in anger or in surprise? Have I called down evil on anyone? Have I used foul language or shared bad jokes? Do I try my best to fulfill the promises and resolutions that I have made toward God?

Remember the Sabbath day, to keep in holy.

Did I miss Mass on Sunday or a Holy Day of Obligation through my own fault? Have I really prayed and paid attention during Mass? Do I participate at Mass by singing and praying the responses, or do I simply sit as a spectator wanting to be entertained? Do I pay attention to the Word of God and try to apply it to my life? Have I arrived at Mass late due to carelessness or left early without a serious reason? Have I kept the Eucharistic fast before Mass? Have I received Holy Communion in a state of serious sin? Have I allowed myself to become so dominated by my work and chores that I have not set aside Sunday for spiritual and family activities?

Honor your father and your mother

Did I honor and obey my parents? 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? Do I obey those in authority like teachers? Do I skip class? Do I lie to my teachers?

You shall not kill

Have I physically harmed someone or tried to do so? Have I been violent in my words or actions? Have I intentionally cut or harmed my body, forgetting that it is meant to be a Temple of God? 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 abortion? Have I thought about suicide? Have I killed someone? Have I killed someone with gossip or what I said?

You shall not commit adultery

You shall not covet your neighbor's wife

Did I consent to impure glances? Passionate kisses? Sinful touches? Did I give my mind over to lustful thoughts or fantasies? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines or videos? Am I guilty of impurity with myself (masturbation) or with others (premarital sex)? Do I avoid laziness, gluttony, idleness and the occasions of impurity? Have I consented to impure thoughts? Have I encouraged impure thoughts by stares, curiosity or impure conversations? Did I neglect to control my imagination or desire of other people? Do I understand and appreciate the gift of my sexuality and desire to save the gift of myself for marriage? Have I treated others as objects?

You shall not steal

You shall not covet your neighbor's goods

Have I stolen what is not mine? Did I return it or make up for what I have stolen? Have I cheated on tests, homework or in games/sports? Did I waste time at work? Have I been extravagant in my manner of life, to the neglect of the poor or home and abroad? Have I been greedy or jealous of things others have? Do I resent their popularity or success? Have I nagged my parents into buying things my friends have, or complained when they did not purchase something for me? Have I accepted stolen goods from others knowingly? Did I damage others' property without owning up to it and repairing it? Have I played fairly? Have I "forgotten" to return something I borrowed? Have I wasted time, goods or food? Do I generously share what I have with the needy? Do I support the mission of the Church by helping with community and church charitable works?

You shall not bear false witness against your neighbor

Have I lied or gossiped? Talked about another person behind their back? Do I always tell the truth? Have I spread rumors? Am I sincere? Did I reveal secrets that should have been kept confidential? Have I lied in a previous confession? Have I kept my promises? Am I critical, negative or uncharitable in my talk? Have I injured the reputation of others by speaking about their failures and sins with little desire or intention to help them? Have I condoned prejudice and hatred toward people of other nationalities, races or religions? Have I judged others? Did I insult or tease others with the intention of hurting them?

Rite of Reconciliation

A Guide to Confession

PRAYER BEFORE CONFESSION

O Holy Spirit. Source of all light, Spirit of wisdom, of understanding, and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before Thy judgment seat. Bring to my mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, and the grace of a sincere confession, so that I may be forgiven and admitted into Thy friendship.

DURING CONFESSION

After examining your conscience and telling God of your sorrow, go into the confessional. You may kneel at the screen or sit to talk face-to-face with the priest.

Begin your confession with the sign of the cross, **“In the name of the Father, and of the Son, and of the Holy Spirit. My last confession was _____ weeks (months, years) ago.”**

Say the sins that you remember honestly and simply. Start with the one(s) that is most difficult to say. (In order to make a genuine and faithful confession, the penitent must confess all mortal sins).

Listen to the words of the priest. He may counsel you and ask you questions about the circumstances. The priest will assign you a penance. The priest will ask for your Act of Contrition for your sins (you may use any version you learned):

Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

CLOSING

The priest will then give you absolution. He will say:

God the Father of mercies, through the death and resurrection of your son, you have reconciled the world to yourself and sent the Holy Spirit among us for the forgiveness of sins. Through the

ministry of the church, may God grant you pardon and peace. And I absolve you of your sins, in the name of the Father, and of the Son and of the Holy Spirit. Amen.

As you listen to these words of forgiveness, you may make the sign of the cross.

The priest may conclude by saying, “Give thanks to the Lord for He is good,” your reply, **“For His mercy endures forever.”**

He may add: “The Lord has freed you from your sins. Go in peace.” And your response: **“Thanks be to God.”**

The priest will then dismiss you.

Do your assigned Penance as soon as possible.

Commit to yourself that you will return to seek the Sacrament of Reconciliation often. This sacrament helps us grow in holiness, rid ourselves of weaknesses, and obtain graces.

PRAYER AFTER CONFESSION

My dearest Jesus, I have told all my sins to the best of my ability. I have sincerely tried to make a good confession and I know that you have forgiven me. Thank you dear Jesus! Your divine heart is full of love and mercy for poor sinners. I love You dear Jesus; you are so good to me. My loving Savior, I shall try to keep from sin and to love You more each day. Dearest Mother Mary, pray for me and help me to keep all my promises. Protect me and do not let me fall back into sin. Dear God, help me to lead a good life. Without Your grace I can do nothing. Amen.

