

Examination of Conscience

My Life with God

- Do I love God above all people and all things?
- Do I say my prayers, do I think of God during the day?
- Do I always pay attention during Mass?
- Do I go to Mass every Sunday?
- Do I dress properly at Mass?
- Do I trust that God will take care of me, especially when times are difficult?
- Do I set a good example as a Christian?
- Do I always thank God for my blessings?



My Life within Myself

- Do I accept the way God made me?
- Do I treat myself with respect?
- Do I use the talents that God has given to me?
- Do I get easily discouraged or complain a lot?
- Do I always try to make friends with everyone?
- Do I do things that are wrong because everyone's doing it?
- Do I watch bad movies?
- Did I say any bad words?
- Am I selfish?
- Did I do my homework, chores?
- Am I honest?
- Am I ever lazy?
- Do I hit or yell when I get mad?
- Do I forgive others who have hurt me?
- Have I lied?
- Have I stolen anything?
- Have I wasted food or refused to eat a meal?
- Do I take care of my body by getting exercise and eating properly?

My Life with Others

- Do I show love for my family and friends?
- Do I always try to get my way?
- Do I share my things, time, and talents with others?
- Am I stingy? Do I argue over money or what is mine?
- Do I always show others that I care about their needs?
- Have I ever stolen anything?
- Am I resentful or jealous if others have more than I do?
- Do I take advantage of other people?
- Do I honor and obey my parents?
- Do I talk about other people's faults?
- Do I make fun of or tease others?
- Am I always a nice person to be around?
- Do I always say Thank you?
- Do I blame others for my mistakes?
- Have I cheated or been unfair to my family, friends or in school?

Preparing for a good Confession:

Examination of Conscience

Jesus, please help me to remember and to admit the sins I have committed against you as I look back at my thoughts and actions, and the things I have failed to do. (Read examination of Conscience on other side)

True Sorrow (Contrition)

Jesus, Please help me to realize how these sins have offended you, myself and my family and friends. I am truly sorry that I have committed these sins.

Repentance:

Jesus, I will do my best not to sin again. I know that I need your loving grace to help me be good.

Forgiveness:

Jesus, I know through the sacrament of Reconciliation that you will forgive my sins., and that through the grace received, you will help me not to sin again.

Penance:

Jesus, as I do my penance, help me to change my heart. Help me to know that because I am sorry, and because of your mercy, I will do my best to always turn to you and that I will learn to love you above all.

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How to go to Confession

Go into the confessional, you may either kneel at the screen or sit and talk face-to-face with the priest.

Begin by making the Sign of The Cross and saying:

"In the name of the Father, and of the Son, and of the Holy Spirit. Bless me Father for I have sinned, my last confession was ____ weeks/months/years ago."

Tell your sins to the priest, begin with the one/s that are most difficult to say. Confess all the sins you remember since your last good confession.

Conclude by saying: " I am sorry for these and all the sins of my past life."

Listen to the words of the priest..

He will assign a penance.

Finally, when invited, express some prayer of sorrow or Act of Contrition.

An Act of Contrition

My God, I am sorry for my sins with all of 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

Listen to the words of absolution,
Absolution means that our sins have been forgiven. Make the sign of the cross during the blessing. Remember the priest is representing Christ.

Thank the priest, before you leave and then

Do your penance as soon as possible.

Confession For Children

