

Sacrament of Penance

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Bless me, Father, for I have sinned. This is my first confession. (or amount of time since last confession)

These are my sins:

I am sorry for these, and for all my sins.

Priest will give you your penance and tell you to make an Act of Contrition:

Act of Contrition

O My God, I am heartily sorry for having offended you and I detest all of my sins because of your just punishment, but most of all because they offend you, my God, who are all good and deserving of all of my love. I firmly resolve with the help of your grace, to sin no more and to avoid the near occasion of sin. Amen.

Priest will now say the words of absolution followed by:

Priest says: The Lord has freed you from your sins, go in peace.

You say: **Thanks be to God.**

As you leave say: **Thank you Father.**



Examination of Conscience and Confession Guide

1. You shall not have other gods besides me.

Did I remember to say my prayers each day?

Did I try to say my prayers well?

Did I work to learn more about God?

Was I respectful about my Catholic faith?

2. You shall not use God's name in vain.

Did I offend God by using His Holy Name in a disrespectful way?

Was I always respectful of God, Our Blessed Mother, the Saints and Holy things?

Have I used bad language?

3. Remember to keep God's day holy.

Did I miss Mass on Sunday or a Holy Day through my own fault?

Was I late for Mass through my own fault?

Did I laugh or talk in church?

Did I pay attention at Mass?

Did I do unnecessary work on a Sunday or Holy Day?

Did I purposely distract others at Mass?

4. Honor your father and mother.

Did I disobey my parents, teachers or elders?

Did I talk back to them or try to make them angry?

Do I do my work, studying and chores well?

Did I look at things my parents would not want me to see?

5. You shall not kill.

Did I fight, quarrel with or hurt anyone?

Did I lose my temper?

Was I unkind or mean to others?

Did I make fun of anyone, pick on anyone or call them names?

Have I hold hatred for others or wished them harm?

Do I dislike people who are different from me?

6. You shall not commit adultery.

Have I broken any promises?

Have I used bad words?

Did I love God with all my heart, soul, mind, and strength?

7. You shall not steal.

Did I take anything that did not belong to me?

Have I cheated or helped others to cheat?

Did I harm the property of another?

Did I return things or money that I borrowed?

8. You shall not lie.

Did I tell a lie?

Did I criticize others or call them names?

Did I falsely accuse or blame someone?

Did I cause someone's reputation to be harmed by repeating or saying mean things about them?

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

Have I been jealous because someone has more friends than me?

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

Have I been mean to someone because they are better at something than me?

Have I been mean to someone because they have stuff that I want?

Did I want to destroy, hide or break something because it was not mine?

