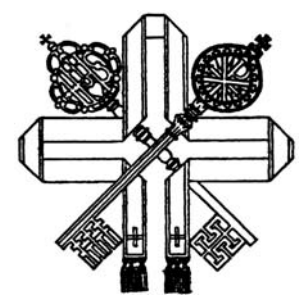


How to go to Confession

1. Pray to the Holy Spirit so that He can help you to remember your sins. Go over the examination of conscience and try to remember the bad things you have done or the things you were supposed to do, but didn't do, since your last Confession.
2. Enter the Confessional; you can go face to face (sit in the chair) or to kneel behind screen/curtain. (Say the things below in **bold**.)
3. In the Name of the Father, and of the Son, and the Holy Spirit. **Amen**
4. **Bless me Father for I have sinned. It has been** [say number of weeks, months, or years] **since my last confession. These are my sins:**
5. Tell the priest your sins. Then say: **That is all I can remember.**
6. The priest will give you advice and penance and ask you to pray the Act of Contrition listed next.
7. **“O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen”**
8. The priest will forgive your sins with the prayer of absolution. At the end, say: **Amen.**
9. The Lord has freed you from your sins. Go in peace.
10. **Thanks be to God**
11. After you leave the sacrament, pray or perform your penance as soon as possible. (If you forget the penance, be sure to ask the priest before you leave.)

Sacrament of Reconciliation for Young People

“And when he had said this, he breathed on them and said to them, “Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”” (John 20, 22-23)



“Therefore, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession.....So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.” (Hebrews 4:14,16)

“If we say, “We are without sin,” we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.” (1 John 1:8-9)

“Repent, therefore, and be converted, that your sins may be wiped away,” (Acts 3:19)

Things to remember in the sacrament.

1. Do not worry if you are nervous, most people are as it is hard to tell another person (the priest) our sins. We have to trust in Jesus.
2. Mortal sins are those which are (1) seriously wrong, (2) we know they are wrong, and (3) we willingly do them. Any mortal sin must be confessed in kind and number
3. The priest is bound under the seal of confession so your confession is kept secret
4. The sacrament not only forgives our sins but it gives us help, God's Grace, to not commit the sin in the future.
5. God actually forgets our sins. *“It is I, I, who wipe out, for my own sake, your offenses; your sins I remember no more.” (Isaiah 43:25)*

Examination of Conscience

1. **I. I am the Lord your God. You shall not have other gods before me.**
Do I give time every day to God in prayer?
Do I put my trust in superstition or good luck charms, rather than in God alone?
Have I received communion in the state of mortal sin?
Have I rejected any Church teaching?
2. **II. You shall not take the name of the Lord your God in vain.**
Have I used the words "God" or "Jesus" in anger or irreverently?
Have I used bad language?
Have I wished evil on another?
3. **III. Remember to keep holy the Lord's day.**
Have I missed Mass on Sunday or any holy day of obligation?
Do I arrive at church late or leave early?
Do I try to be reverent and pay attention during Mass?
Have I kept the one hour fast before receiving Holy Communion?
Do I avoid unnecessary work on Sunday?
Do I make Sunday a day of prayer or rest?
4. **IV. Honor your father and your mother.**
Do I respect and obey my parents?
Have I dishonored or mistreated them by word or deed?
Am I willing to help around the house or am I slow to respond?
Do I try to get along with my brothers and sisters?
Do I give a good example, especially with younger siblings?
Do I respect others in authority like my teachers?
5. **V. You shall not kill.**
Do I beat up others or bully or hurt others?
Do I say cruel things, or make fun of others to hurt their feelings?
Do I say mean things about others behind their backs?
Do I encourage others to do bad things?
Do I try to love all people, born and unborn?
Do I exclude anyone?
6. **VI. You shall not commit adultery.**
Do I treat my body and other people's bodies with purity and respect?
Do I look at television shows, movies, or pictures that are bad?

- Do I listen to bad music?
Am I modest in my speech and the clothes I wear?
7. **VII. You shall not steal.**
Have I taken things that were not mine from a store or another person?
Have I destroyed or misused another person's property for fun?
Do I return things that I have borrowed?
 8. **VIII. You shall not commit false witness against your neighbor.**
Am I honest in my school work?
Do I tell lies to make myself look good or to protect myself from punishment?
Do I tell lies that make another person look bad or get them in trouble?
 9. **IX. You shall not covet your neighbor's wife.**
Do I get mad when I have to share my friends or parents attention with others?
 10. **X. You shall not covet your neighbor's goods.**
Am I jealous or envious of the things or abilities that others have?
Am I thankful to God and my parents for what they have given me?
Do I share the things I have with my family, friends and poor people?

Prayers Commonly given as Penance

Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now and will be forever. Amen

