

Examination of Conscience

1. I am the LORD your God: you shall have no other gods before me.

Have I failed to pray to God every day? Have my relationship with God and being with Him in Heaven been important to me? Or have things like TV, games, or popularity been more important to me?

2. You shall not take the name of the LORD your God in vain.

Have I said "God" or "Jesus" in a disrespectful or thoughtless way? Have I been respectful toward God and His Church? Or have I been disrespectful and uncaring toward Him?

3. Remember to keep holy the LORD's Day.

Have I missed Sunday Mass on purpose or complained about going? Have I played around or not paid attention at Mass?

4. Honor your father and your mother.

Have I failed to obey or respect my parents, priests, or teachers? Have I been disrespectful or unkind to my family members?

5. You shall not kill.

Have I hurt anyone on purpose or because I was not careful? Have I been mean to anyone because of how he looks, acts, or talks? Have I said bad words?

6. You shall not commit adultery.

Have I used others for what they can give me instead of treating them with love and respect? Have I been faithful to my friends?

7. You shall not steal.

Have I stolen, broken, or not returned anything that was not mine? Have I been selfish and not given to those in need?

8. You shall not bear false witness.

Have I spread rumors about someone or said hurtful things about someone behind his back? Have I lied to, tricked, or exaggerated to others? Have I cheated in games or on schoolwork?

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

Have I failed to keep my heart pure by turning away from sinful images, shows, songs, and other temptations?

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

Have I been jealous of others' things or abilities? Have I been greedy and ungrateful? Have I failed to thank God or share with others when I should have?

Have I lived the theological virtue of *faith*? Have I chosen to turn away from God when I am angry or any other time? Have I chosen not to believe or to ignore what I have learned about God?

Have I lived the theological virtue of *hope*? Have I trusted that God has a plan for my life and will help me accomplish it? Have I trusted that God will forgive my sins so I can be with Him in Heaven one day?

Have I lived the theological virtue of *charity*? Have I failed to love God with all my heart, mind, and soul? Have I skipped prayer for my hobbies or games instead?

Have I lived the virtue of *prudence*? Have I ignored what God wants for my life? Have I chosen only what I want? Have I acted against the guidance of my parents and chosen to sin?

Have I lived the virtue of *fortitude*? Have I been pressured by my friends into doing something that I knew was wrong? Have I failed to stand up for my faith and talk courageously about God or my faith?

Have I lived the virtue of *temperance*? Have I thought or complained about wanting more instead of being grateful? Was I grateful or thankful for the many blessings I have?

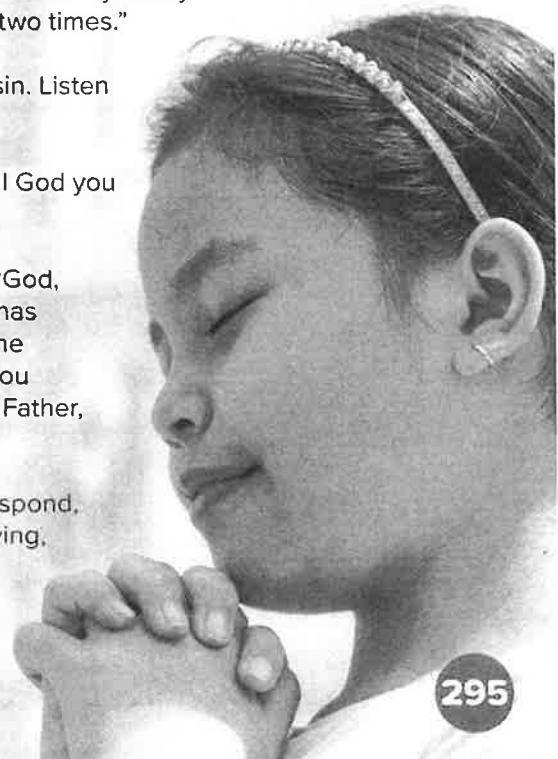
Have I lived the virtue of *justice*? Have I failed to treat others fairly? Have I failed to give God the time and honor He deserves? Have I failed to honor my parents the way they deserve?

Making a Good Confession

- 1. Know your sins:** Do an examination of conscience (see page 294). Pray to the Holy Spirit to help you know your sins. Think of times when you may have broken God's laws and not lived with virtue. You can remember or write your sins down. Do not share your sins with other people.
- 2. Be sorry:** To make a good confession, you need to be truly sorry. If you are not sorry for sinning, ask the Holy Spirit to help you be sorry.
- 3. Repent:** To repent means to choose not to sin again. Before confessing your sins, make up your mind not to sin again.
- 4. Go to the Sacrament of Reconciliation:** You will confess your sins to the priest, who will give you a penance and absolve you of your sins. Your sins will be forgiven.
- 5. Do your penance:** The priest will give you penance. Penance can be a prayer or action. We show God we are turning away from sin. You should always do the penance the priest gives you.

How to Celebrate the Sacrament of Reconciliation

- 1. The priest will welcome you.**
- 2. Begin with the Sign of the Cross:** Say, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
- 3. Start your confession:** Say, "Bless me, Father, for I have sinned. It has been _____ since my last confession." Tell the priest how long it has been since your last confession. If it is your first confession, say, "This is my first confession."
- 4. Confess your sins:** Tell the priest your sins. Be sure to confess all mortal sins. Try to say how often you committed the mortal sins. For example, "I hit my friend two times."
- 5. Receive your penance:** The priest may give you some advice to avoid sin. Listen to the priest's words.
- 6. Pray the Act of Contrition:** When you pray the Act of Contrition, you tell God you are sorry. Pray the Act of Contrition (see page 292).
- 7. Through the priest, Jesus absolves you of your sins:** The priest says, "God, the Father of mercies, through the Death and Resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen."
- 8. The priest will say, "Give thanks to the Lord, for He is good." You will respond, "His mercy endures forever." The priest will end your confession by saying, "The Lord has freed you from your sins. Go in peace." You respond, "Thanks be to God."**
- 9. Do your penance right away.**



The Act of Contrition

O my God, I am sorry
and repent with all my heart
for all the wrong I have done
and for the good I have failed to do,
because by sinning I have
offended you, who are all good and
worthy to be loved above all things.
I firmly resolve, with the help of your
grace, to do penance, to sin
no more, and to avoid the occasions
of sin. Through the merits of the
Passion of our Savior Jesus Christ,
Lord, have mercy.

Amen.