

How to Make a Good Confession

- I Examination of Conscience
- II Be truly sorry for your sins
- III Have the intention not to commit sins again
- IV Confess sins to a priest

Examination of Conscience (from Family Guide)

- How have I acted toward God? Do I think of God and speak to Him by praying to him each day?
- Do I speak of God with reverence? Do I use his name in vain?
- Do I go to Mass on Sunday?
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I participate in Mass, or do I tease or distract others by laughing, talking, or playing?
- Do I pay attention to my parents, priests and teachers when they talk to me about God?
- How have I acted toward others?
- Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- Do I tell my parents or those in authority that I am sorry and asked them to forgive me when I have not minded them?
- Do I obey the rules of my home and school?
- Do I help my brothers, sisters and classmates when they need my help?
- Am I kind to everyone?
- Did I hit, kick or in any way hurt others on purpose?
- Am I willing to play with everyone?
- Did I make fun or say mean things to anyone?
- Do I do all my classwork and my chores at home well?
- Do I take care of my health by eating the right food etc.?
- Do I think or do bad things or say bad words?
- Do I tell the truth?
- Do I say things about other people that are not true?
- Did I cheat in class or in a game?
- Did I steal or keep things that are not mine?
- Am I willing to share my things with others?
- Do I return things that I have borrowed?
- Am I always thankful for what I have?
- Have I behaved selfishly?

The Ten Commandments

1. I am the Lord your God; you shall not have other gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not lie.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

How to Go to Confession

Kneel at the screen or sit face to face with the priest.

1. Make the sign of the cross, "In the name of the Father, and of the Son, and of the Holy Spirit."
2. Say, "My last confession was ____ (weeks/months/ or years) ago."
3. Tell your sins to the priest.
4. Listen to the words of the priest.
5. Say the Act of Contrition
6. Listen to the words of absolution.
7. When you leave the confessional say or do your penance.

ACT OF CONTRITION

(see page 176)

Optional version:

Oh my God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against You and Your Church. I firmly intend, with the help of Your Son, to do penance and to sin no more.