

You come to Church, kneel and pray. Ask the Holy Spirit to guide you to remember your sins. At the confessional you kneel and say:

"BLESS ME FATHER, FOR I HAVE SINNED. THIS IS MY FIRST CONFESSION AND THESE ARE MY SINS:"

I ASK FORGIVENESS FOR THESE SINS AND THE SINS I DO NOT REMEMBER NOW

The Priest then talks to you and gives you penance. When the Priest prays to God Our Father to forgive your sins, you say THE ACT OF CONTRITION.

ACT OF CONTRITION

"O my God I am sorry and beg pardon for all my sins, and detest them above all things, because they deserve your dreadful punishment because they have crucified my loving Saviour Jesus Christ and most of all, because they offended your infinite goodness, and I firmly resolve by the help of your grace, never to offend you again and carefully avoid the occasions of sin. Amen".

You receive God's pardon through the Priest, who says, "I absolve you in the name of the Father and of the Son and of the Holy Spirit".

The Priest then says: "Go in PEACE". You answer: **"Thank You"** and leave the confessional. You go to the Prayer room and do your penance and return to your seat.

My Confession



How to make my Confession

First, make a good examination of Conscience

I. I am the Lord your God. You shall not have strange gods before me.

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, good luck charms, rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic?

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 foul or ugly language? Have I wished evil on another?

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?

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 must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters? Am I a tattletale or bully?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, teachers and my elders?

V. You shall not kill.

- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone? Do I encourage others to do bad things?

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?
- Am I modest in my speech and the clothes I wear?

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 borrow? In good condition?

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?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?

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

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there kids I will not play with or be mean to because they look different?

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?