

Examine your conscience.

Think of the 10 Commandments. Have you pushed God away by breaking His laws of Love.

1. I, the Lord, am your God. You shall not have other gods before me.

- a. Do I make things more important to me than God?
- b. Do I want things more than I want to be close to God?
- c. In what way did I choose God over other things?

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

- a. Do I use God's name wrongly when I am angry at someone or when I don't get my way?
- b. How did I keep God's name Holy today?

3. Remember to keep holy the Sabbath day.

- a. Did I go to church on Sunday?
- b. Did I make other things (sports, games, parties, etc.) more important than going to church on Sunday?
- c. How did I keep Sunday Holy? How did I show God I love Him?

4. Honor your mother and father.

- a. Did I listen when my parents asked me to do something? Did I do what I was asked?
- b. Did I yell at my parents because I didn't get my way?
- c. Did I only do things my parents ask me to do instead of doing what I knew I should do without being asked?
- d. Am I respectful to teachers, aunts, uncles and any older person who is helping my parents to educate or raise me?
- e. Am I kind and respectful to all adults?
- f. How did I respect my parents today, this week, since the last time I went to confession?

5. You shall not kill.

- a. Did I to make fun of someone?
- b. Did I try to ruin another's reputation?
- c. Did I gossip?
- d. How did I try to help others today, this week, since the last time I went to confession?

6. You shall not commit adultery.

- a. Do I dress modestly?
- b. Am I respectful of myself and of others?

7. You shall not steal.

- a. Did I take what was not mine?
- b. Did I waste other peoples' time or interrupt class time causing others to wait on me?
- c. Have I been generous to others and helping people who are in need?

8. You shall not bear false witness against your neighbor.

- a. Have I lied?
- b. Did I tell a lie about anyone to make them look bad?
- c. Did I boast about myself to make me look better than other people?
- d. Did I seek to speak the truth for others and for myself?

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

- a) Am I respectful of peoples relationships with others?

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

- a. Do I want something that belongs to someone else? (such as shoes, clothes, video games, etc.)
- b. Does my not having what someone else has, make me sad or mad and wish I could have it?
- c. Do I want them not to have it anymore just because I cannot have it myself?
- d. Am I happy for other people when they have things I don't have?

Why is it important to go to confession?

Since the time of Adam and Eve, mankind has separated themselves from the love of God by choosing to do what is not holy and what is not pleasing to God. God in His mercy and kindness has always desired that we should be close to Him. But because He is all Holy, we cannot be in true communion with Him while we are in sin, that is when we don't confess our wrong doings and try to make them right. The sacrament of Baptism was God's first gift to unite us to Himself. The sacrament of Reconciliation is God's ongoing gift to mankind; to reunite ourselves to His great love for us every time we fall, and to be His children. The Sacrament of Reconciliation helps us to prepare for the day we will meet God face to face.

When we go to confession, we should also remember the good things that we have done to help us grow our relationship with God. At the end of each of the commandments, think of one thing you did good for that commandment and thank God for helping you choose to follow His ways in doing good.

RITE OF RECONCILIATION FOR INDIVIDUAL PENITENTS

RECEPTION OF THE PENITENT

PRIEST: Welcomes the penitent.

PENITENT: **IN THE NAME OF THE FATHER, AND THE SON,
AND THE HOLY SPIRIT. AMEN.**

PRIEST: Invites the penitent to have trust in God.

READING OF THE WORD OF GOD (OPTIONAL)

The priest or penitent may read a text of Holy Scripture.

CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

PENITENT: **BLESS ME, FATHER, FOR I HAVE SINNED.
IT HAS BEEN _____ (how long) SINCE
MY LAST CONFESSION. THESE ARE MY SINS:**

Tell the priest your sins with honesty and sorrow,
and also tell the priest a little about yourself.

The priest will listen to you and guide you.

PENITENT: **I AM SORRY FOR THESE AND ALL MY SINS.**

The priest will give you a penance to help make up
for your sins and to change your heart.

PRAYER OF THE PENITENT AND ABSOLUTION

PENITENT : **O MY GOD, I AM HEARTILY SORRY FOR HAVING
OFFENDED THEE, AND I DETEST OF ALL MY SINS
BECAUSE OF THY PUNISHMENTS, BUT MOST OF
ALL BECAUSE THEY OFFEND THEE, MY GOD,
WHO ARE ALL-GOOD AND WORTHY OF ALL MY
LOVE. I FIRMLY RESOLVE, WITH THE HELP OF
THY GRACE, TO SIN NO MORE AND TO AVOID THE
NEAR OCCASIONS OF SIN. AMEN.**

After the Act of Contrition, the priest will give you
absolution. At the end of the Absolution, make the
sign of the cross and say, **AMEN.**

PROCLAMATION OF PRAISE AND DISMISSAL

PRIEST: Give thanks to the Lord, for he is good.

PENITENT: **HIS MERCY ENDURES FOREVER.**

PRIEST: Dismisses the penitent in peace



Reconcile your life with
Christ