

### Examination of Conscience:

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

Do I always put God first? Do I believe that God really loves me? Do I have any “strange gods” in my life like popularity, sports, entertainment, or possessions? Do I trust that God is in control of everything? Do I pray every day?

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

Do I use curse words? Have I made promises to God that I haven’t kept? Have I allowed others to swear in my presence?

#### 3. Remember to keep holy the Lord’s Day.

Do I attend Mass on Sundays and Holy Days of Obligation? Do I avoid unnecessary work on Sundays?

#### 4. Honor your father and mother.

Do I show love and respect to my parents? Do I listen to and obey them? Do I respect my teachers and others in authority?

#### 5. You shall not kill.

Have I tried to hurt anyone physically, mentally, or emotionally? Do I talk about people behind their backs? Have I lost my temper or given in to anger? Do I hold grudges?

#### 6. You shall not commit adultery.

Do I show respect for and take care of my body? Do I show respect for the bodies of others?

#### 7. You shall not steal.

Have I taken anything that doesn’t belong to me? Do I cheat in school or sports? Am I willing to help those who don’t have enough?

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

Have I said something untrue about someone else? Have I judged others harshly? Have I been prejudiced or discriminated against anyone?

#### 9. You shall not covet your neighbor’s wife.

Do I dress modestly and respectfully? Do I act with purity of heart towards myself and others?

#### 10. You shall not covet your neighbors’ goods.

Have I envied anyone else’s possessions, popularity, grades, or skills? Have I used more than my fair share of things?

### How to Make a Good Confession:

#### 1. Before Confession, you should make an Examination of Conscience.

2. **Enter the Confessional:** When it is your turn, enter the confessional or reconciliation room. You may kneel behind the screen or sit in the chair if one is provided. The priest will give you a blessing or a short greeting. He may read a brief Scripture passage.

3. **Make the Sign of the Cross and say:** “Bless me father, for I have sinned. My last confession was \_\_\_\_\_.” State the number of weeks, months, or years since your last confession. If this is your first confession, say, “Bless me, Father, for I have sinned. This is my first confession.”

#### 4. Confess your sins.

5. **Receive your penance:** When you are finished say, “I am sorry for these and all of my sins.” The priest will give you a penance and may offer some advice on how to avoid sin in the future.

6. **Say the Act of Contrition:** “O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.”

7. **The priest will then give you Absolution.** If he finishes by saying, “Give thanks to the Lord for he is good,” answer, “For his mercy endures forever.”

8. **When the Confession has ended:** Do your penance as soon as possible.

### **Act of Contrition:**

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### **The Sacrament of Reconciliation**



Taken from "Signs of Grace: You are Forgiven," by the Augustine Institute