

# How to make a good Confession

## Examination of conscience

Making a good Confession requires prayer, thought of what we have done or what we have not done.

### **1. I am the Lord your God. You shall not have no other gods before me.**

Do I pray everyday?

Do I put my trust in superstitions, good luck charms, rather than God alone?

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

Have I used the "God" or "Jesus" to someone because I was mad?

Have I used bad words?

### **3. Remember to keep holy the Lord's day.**

Have I missed Mass on Sunday?

Do I pay attention during Mass?

Do I make it hard for others to hear or pay attention?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer and rest?

### **4. Honor your Father and Mother.**

Do I obey my parents

Have I mistreated them by what I say or do?

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 brother and sisters?

Do I obey others that I should like teachers, police, old people, baby-sitters?

**5. You shall not kill.**

Do I beat up others or hurt their bodies?

Do I say mean things about others behind their backs?

Have I stopped speaking to anyone?

Do I encourage others to do bad things?

Have I wished bad things to happen to anyone?

**6. You shall not commit adultery.**

Do I treat my body and other people's body with respect?

Do I look at shows, movies, or pictures that are bad on TV, computer or phone?

Do I speak nicely to others?

**7. You shall not steal.**

Have I taken things that were not mine from a store or an other person?

Have I ruined another person's property for fun?

Do I return things that I borrow? In good condition?

**8. You shall not lie.**

Am I honest in my school work or at work?

Do I cheat or copy other people's work?

**9. Do not covet your neighbors' wife.**

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention 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 them because they look different?

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

Am I jealous or envious of the things my friends have?

Am I jealous because my friends can play sports better than I can?

Am I thankful to God and my parents for what they have given me?

Do I share things I have with my family, friends and poor people?

## **When Going to Confession**

In order to make a good Confession we must be sorry for our sins. We should take a little time before we go to Confession to examine our conscience that we understand what sins we have committed. Confronting our sins is what Confession is about.

Begin with a prayer asking the Holy Spirit to be with you. Tell God you are truly sorry for your sins. Make a commitment to try not to sin again.

### **The Rite of Reconciliation**

Begin by making the sign of the Cross and saying, "Bless me Father, for I have sinned. It has been (whatever lengthen of time it has been since my last Confession, weeks, months, years)."

Then confess your sins. If it has been a long time or you need help ask the priest for help and he will guide you. Do not be afraid.

After confessing your sins the priest will assign you a penance. He may offer you some advice to help you if you have a problem with something.

Following the penance you can say that you are sorry for your sins. Then he will ask you to say the Act of Contrition. If you know one, say what you know or use this one: "O my God, I am heartily sorry for having offend Thee, and I detest all my sins because I read the loss of heaven and the pains the hell. But most of all it offends you my God who are all good and deserving all my love. I firmly resolve with the help of thy grace to confess my sins, to do penance and to amend my life. Amen."

Make the sign of the cross and thank the priest.