

8. "You shall not bear false witness against your neighbour." (Ex 20:16)

Have I lied or sworn falsely?

Have I cheated?

Have I gossiped or revealed private information about another without good reason?

Have I exposed the mistakes or sins of another without need to?

Have I told lies about another person?

Have I plagiarised?

Have I lied, or deliberately not confessed serious sins in Confession?

- MAKE YOUR CONFESSION -

✓ Use the gift of Courage

✓ If you need help just tell the priest.
Begin with the Sign of the Cross and say:

*"Forgive me, Father, for I have sinned.
It has been (however many days, weeks,
months or years) since my last confession".*

✓ **CONFESS** your sins and when finished say:

*"for these and all of my sins,
I am truly sorry"*

✓ The priest will offer some advice and give you a penance to do once finished

✓ You'll then be asked to pray the Act of Contrition (see next page)

ACT OF CONTRITION

*My God I am sorry for my sins
with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against You
whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In His name, my God,
have mercy.
Amen.*

The priest will then say the prayer of Absolution, where the Lord frees you from sin and draws you closer to Himself and His Church.



A GUIDE TO CONFESSION FOR TEENS

Life is never straightforward; things don't always go according to plan. Sometimes we end up doing or saying something we regret, or we regret not doing or saying something when we should have. When we fall short of the mark or make bad choices we call it ...

SIN

Our sins change our relationships in the way we are with others, with ourselves and with GOD. You know the saying "Things are not the same ..."? This is why we have the Sacrament of Reconciliation (Confession).

Confession helps us to express how we feel about getting it wrong, and starts the process of putting things right. God literally wipes out our sins and we have a fresh start.

So before we make Confession we need to prepare by seeing where we have sinned.

BEGIN WITH A PRAYER

*Holy Spirit, come into my heart,
give me your light
to make the most of the moment
I am being given today.
Grant Your gift of self-knowledge,
that I may understand the sins,
which keep me from You.
Grant me trust that YOU are present
so I should not fear.
Grant me courage to confess
my sins to the priest,
who is Your representative.
Mother Mary, stand with me
and pray for me, that I may receive
this gift of mercy from your Son.*

Amen.

–EXAMINE YOUR CONSCIENCE–

The easiest way to examine our conscience is to think about God's Commandments. Let's think about each in turn.

1. "I am the Lord your God. You shall not have strange gods before Me." (Ex 20:2,3)

Have I doubted or denied the existence of God?

Have I failed to put God first in my life?

Have I failed to express my love for God by making time to pray every day?

Have I failed to trust in God's plan for my life?

Have I practiced or believed in superstition, fortune telling, horoscopes, good-luck charms, tarot cards, palm reading, Ouija boards etc.?

Have I made money, drugs, alcohol, popularity, TV, girlfriend/ boyfriend, self-image, etc my priority?

Have I ever denied being a Catholic or a teaching of the Church?

2. "You shall not take the Name of the Lord your God in vain." (Ex 20:7)

Have I used God's name in vain or irreverently in any way?

Have I cursed or sworn?

Have I failed to fulfil the promises I have made to God?

Have I blasphemed?

Have I disrespected the Blessed Mother Mary, the Church or the saints through my speech (even by mocking, joking, irreverence, etc.)?

Have I lied under oath?

3. "Keep holy the Sabbath Day." (Ex 20:8)

Have I intentionally missed Mass on Sunday or Holy Days of Obligation?

Have I deliberately come to Mass late or left early?

Have I failed to avoid work on Sunday, keeping it as a day of rest, prayer, time for family and recreation?

4. "Honour father and your mother." (Ex 20:12)

Have I disrespected or disobeyed my parents?

Have I failed to be attentive to the well-being of my family?

Have I brought anxiety or conflict into my family?

Have I disrespected those in authority (ie teachers, coaches, officers, etc.).

5. "You shall not kill." (Ex 20:13)

Do I hold anger or hatred towards others?

Have I deliberately harmed or killed another?

Have I had an abortion, or encouraged someone to do so?

Have I attempted suicide or seriously thought about it?

Have I abused alcohol or drugs?

Have I harmed myself?

Have I damaged another's reputation through useless gossip (killing of character)?

6. "You shall not commit adultery." (Ex 20:14)

9. "You shall not covet your neighbour's wife." (Ex 20:17)

Have I deliberately entertained impure thoughts or desires?

Have I engaged in inappropriate conversation?

Have I forgotten to show respect for the bodies of others as well as myself?

Have I used my body inappropriately?

Have I viewed pornographic materials?

Have I dressed immodestly?

7. "You shall not steal." (Ex 20:15)

10. "You shall not covet your neighbour's goods." (Ex 20:17)

Have I stolen, accepted stolen property or encouraged another to steal?

Have I cheated?

Have I deliberately damaged or destroyed another's property?

Have I wasted time at school or work?

Have been jealous of what other people have (family, beauty, possessions, talents, career, etc.)?

Have I tried to be kind to others?