

## How to go to Reconciliation

### Before Going to Confession: Know My Sins

Pray for the Holy Spirit to help me remember my sins  
and how often I have committed them

Use the examination of conscience →

### While Waiting for Confession: Think About My Sins

Look at the crucifix: Remember Jesus died for my sins

Think: How have I hurt God and others with my sin?

### During Confession with a Priest

Sit or kneel

Make the **Sign of the Cross**

Say: **"Bless me Father, for I have sinned. It has been \_\_\_\_\_ (days, months, years) since my last confession. These are my sins."**

Tell my sins and about how many times I did them

Say: **"I am sorry for these and all my sins."**

Listen to the priest's advice and penance

Pray the **Act of Contrition**

Priest will raise his hand over you and say a prayer of absolution  
(God's forgiveness); you respond: **"Amen."**

Priest says "Go in peace." You respond: **"Thank you!"**

### After Confession: Do Penance

Kneel in the pew and do my penance before leaving church

Pray a prayer of thanks to Jesus for His forgiveness!

#### Act of Contrition

**O 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.**

## Examination of Conscience Based on Ten Commandments

### I AM the Lord, your God. You shall not have other gods before me.

Did I think of God and speak to Him in prayer every day?

Do any of my activities or things keep me from spending time with  
God in prayer?

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

Have I said God's name in anger, as a curse, or as a joke?

### Keep holy the Lord's Day.

Did I go to Mass every Sunday and holy day?

Did I pay attention, pray, and participate at Mass?

### Honor your father and mother.

Did I obey my parents and teachers quickly and cheerfully?

Did I do my homework and chores well, not complaining?

Did I obey the rules of my home and my school?

### You shall not kill.

Was I kind to everyone? Do I help my siblings and classmates?

Have I hit, kicked, or in any way hurt others on purpose?

Have I hurt someone's feelings by making fun of them or saying  
mean things to them?

### You shall not commit adultery.

Have I respected my body and those of others? (circle of grace)

Did I always dress modestly?

Did I watch impure movies or websites, or tell dirty jokes?

### You shall not steal.

Have I stolen anything? Did I return things I have borrowed?

Have I cheated in school or games?

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

Do I always tell the truth?

Have I talked about another's faults behind their back? Gossiped?

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

Do I stick by my friends when they need me or my help?

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

Was I jealous of other people's things?

Did I complain about my things instead of being grateful for them?

Was I willing to share my things with others?