



## An Examination of Conscience for Youth

Ask yourself these questions...think about your answers...write your answers, if needed, to bring to confession with you so that you don't forget any of your sins. You may print this page to bring also.

### Your responsibilities to God:

- Have I prayed every day?
- Have I prayed my morning and night prayers?
- Have I gone to mass on Sundays and Holy Days with my parents and family?
- Have I been upset or angry about praying?
- Have I been up set angry about having to attend church on Sundays or Holy Days?
- Have I asked the Holy Spirit to help me whenever I am tempted to sin?
- Have I asked the Holy Spirit to help me do what is right and to help me make wise, not foolish choices?

### Your responsibilities to others:

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to my parents or to others?
- Have I been arrogant, stubborn, mean, or rebellious?
- Have I talked back to my parents, teachers or other adults?
- Have I pouted or been moody?
- Have I been selfish to my parents, brothers or sisters, teachers or to my friends or schoolmates?
- Have I gotten angry at or hit anyone?
- Have I held grudges and not forgiven others?
- Have I treated other children with respect or have I called them names or made fun of them?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I performed my responsibilities: homework, studying and household chores?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?

**Now you're ready to confess these sins and be forgiven.**

## How to confess your sins to God, through the priest, during Confession

1. Walk into the confessional or reconciliation room, and either kneel behind the screen or sit facing the priest (Father).
2. Make the **Sign of the Cross**, saying, “ **Bless me Father for I have sinned.**”
3. Tell the priest how long it has been since your last confession.
4. **Tell or read the sins you have committed** and how many times you have committed them, as best you can remember, to the priest.
5. Tell the priest “ **That is all I remember, Father**”.
6. If the priest asks you any questions, try to answer him honestly.
7. The priest will give you a penance – try to remember exactly what he tells you to do. (These are the Prayers you must say)
8. Say the Act of Contrition: “**Oh, my God, I am heartily sorry for having offended you, and I detest all of my sins, because of your just punishments, but most of all because they offended you, my God, who are all good and deserving of all of my love. I firmly resolve, with the help of thy grace, to sin no more and to avoid the near occasions of sin. Amen.**”
9. While the priest prays the Prayer of Absolution over you, you pray that you will receive the grace to turn your life more toward God by not sinning anymore. When the priest blesses you at the end of the prayer of Absolution, **Make the Sign of the Cross.**
10. The priest will say: “ Go in peace and give God thanks.”
11. You answer him by saying, “ **Thanks be to GOD.**”
12. Now go to a pew, kneel down and say the prayers Father has asked you to say as penance. After your penance is done, you may leave or sit quietly for and wait for mass to begin.

Use this area to list your sins to be confessed.

# A Child's Guide to Confession

