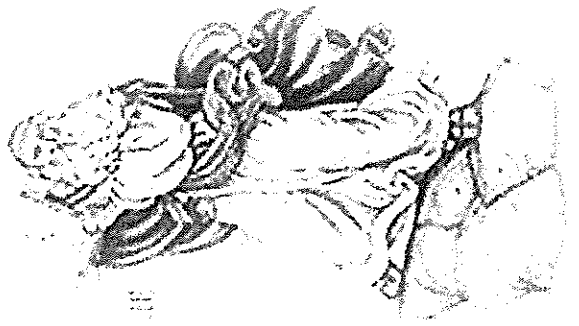


## The Act of Contrition

O my God, I am heartily sorry  
for having offended You.  
And I detest all my sins  
because of Your just punishment.  
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 sin no more  
and to avoid the  
near occasion of sin.  
Amen.



## What will happen during The Sacrament of Reconciliation

If the options exist, you may choose to confess your sins anonymously (behind a screen) or face to face with the priest. You will need to decide this before receiving the Sacrament.

**Greeting:** The priest and you together will begin with the Sign of the Cross and a greeting. After the greeting, you will be asked to confess your sins.

**Confession:** You can begin with the phrase: "Bless me Father, for I have sinned. It has been \_\_\_\_\_ (weeks/months/years) since my last confession." Then, tell the priest your mortal sins first. You may also tell him any venial sins you have committed since your last confession. At the end of your confession you can say, "For these and all the sins of my life, I am sorry." (If you forget any mortal sins, remember to confess them the next time you receive the Sacrament.)

**Counsel:** The priest may ask you some questions for clarification. Then he may counsel you on a point or two from your confession.

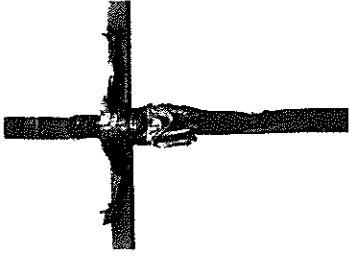
**Penance:** The priest will then give you a penance that you must perform after your confession. If this penance is prayers you should say them as soon as possible after you leave the confessional.

**Contrition:** The priest will then ask you to make an Act of Contrition. You can use the prayer printed on this leaflet or use another similar prayer.

**Absolution:** The priest will then give you absolution. The words necessary for forgiveness of your sins are "I absolve you from your sins in the name of the Father, and the Son, and the Holy Spirit." After these words, respond, "Amen."

**Dismissal:** The priest may pray a short closing prayer with you. He may also simply say, "Give thanks to the Lord, for He is good," to which you respond, "His mercy endures forever."

## An Examination of Conscience for Teens



In preparation for

## The Sacrament of Reconciliation

*If we acknowledge our sins, he is faithful  
and just and will forgive our sins  
and cleanse us from every wrong doing.*

### The First Commandment

**I am the Lord your God; you shall not have strange gods before me.**

In my thoughts . . .

Do I show a lack of trust in God by relying on myself or others

instead of only Him when faced with challenges in my life?

Do I believe in superstitions or the occult?

In my words . . .

Do I think of my favorite stars or athletes as idols in place of God?

Do I defend God and my Catholic faith when challenged by others?

In my deeds . . .

Have I let what I have or what I want define who I am to others?

Have I gone to Holy Communion while in the state of sin?

### The Second Commandment

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

In my thoughts . . .

Have I complained to God or blamed Him for some circumstance

in my life?

Have I wished that misfortune or bad things would happen to

another person?

In my words . . .

Do I use God's name carelessly or with profanity in my speech?

Have I used God's name in anger?

In my deeds . . .

Have I lied after telling someone in God's name that I would tell

them the truth?

Have I abused a sacred object or shown disrespect for a sacred

person?

Have I broken any promise or failed to honor any commitment I

made in God's name?

### The Third Commandment

**Remember to keep holy the Lord's Day.**

In my thoughts . . .

Do I think of Sunday as just another day rather than as a day of

prayer and rest?

Do I let my mind wander at Mass and not pay attention?

In my words . . .

Do I fully participate at Mass through songs, responses and prayer?

Have I made it clear to my employer that I would rather not be

scheduled for unnecessary work on Sundays?

In my deeds . . .

Have I intentionally missed Mass on Sunday or any holy day of

obligation?

Do I fast for at least one hour from all food (including gum) and

drink (excluding water) before receiving Holy Communion?

### The Fourth Commandment

**Honor your father and mother.**

In my thoughts . . .

Have I disrespected my parents or other authority figures?

Have I wished for negative consequences for my parents as a result

of a decision they have made that affects me?

In my words . . .

Have I complained about or talked disrespectfully about my parents?

Do I say "thank you" to my parents for all they do for me?

In my deeds . . .

Have I caused tension or fights in my family?

Have I set a good example for my brothers and sisters?

Have I made time in my life for my grandparents and other aged

members of my family?

### The Fifth Commandment

**You shall not kill.**

In my thoughts . . .

Am I harboring anger or resentment toward another person?

Have I taken pleasure in someone else's misfortune?

In my words . . .

Have I said mean things about others behind their backs?

Have I defended the rights of the unborn?

In my deeds . . .

Have I abused alcohol or drugs or endangered myself or others

by driving under the influence of either?

Have I become violent with or physically harmed anyone?

Have I disrespected my body through excessive piercings or tattoos?

### The Sixth and Ninth Commandments

**You shall not commit adultery.**

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

In my thoughts . . .

Have I willfully entertained impure thoughts or behavior?

Have I had lustful thoughts about the opposite sex?

Have I been envious or jealous of others' relationships?

In my words . . .

Have I used indecent language or participated in the telling of, or

listening to, indecent stories?

Have I talked about members of the opposite sex with disrespect?

Have I bragged to others about my sinful behavior?

In my deeds . . .

Do I show modesty in how I dress?

Have I touched or kissed another person or allowed someone to

touch or kiss me with only the goal of sexual arousal?

Have I looked at or encouraged others to look at pornography?

Have I had sex outside of marriage or committed the sin of

masturbation?

Have I participated in or promoted the use of birth control?

### The Seventh Commandment

**You shall not steal.**

In my thoughts . . .

Have I wasted time or been lazy in how I approach my

responsibilities at school or work?

Have I kept the promises and met commitments I have made

to others?

In my words . . .

Have I encouraged anyone to participate in cheating or stealing?

Have I apologized for and made restitution to anyone for anything

that I have stolen or even used without their permission?

In my deeds . . .

Have I cheated on a test or homework at school?

Have I shoplifted or taken anything that doesn't belong to me?

Have I neglected to help anyone in urgent need?

Have I misused another's property for fun?

### The Eighth Commandment

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

In my thoughts . . .

Have I wished evil or bad fortune on another person?

Have I been negative, critical or uncharitable in my thoughts about

another person?

In my words . . .

Have I told a lie?

Have I gossiped about another person or spread a rumor that I knew

could hurt their reputation?

Have I failed to restore the good name of someone I have injured by

what I have said about them?

In my deeds . . .

Has honesty dictated my actions in my relationships with others?

Have I failed to keep secret everything that I know should be kept

confidential?

Have I participated in or encouraged another person to commit a

grave sin?

### The Tenth Commandment

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

In my thoughts . . .

Do I envy others because of the things they have that I don't?

Am I greedy? Do I tend to want more, even if I know what I have

is enough?

In my words . . .

Have I held on to and/or expressed my jealousy for another person?

Do I thank God in prayer and others in word for the things that I have?

In my deeds . . .

Am I materialistic? Is my pursuit of things more important to me

than my relationships with God and with others.

Have I done anything to destroy or minimize in any way the things

or blessings others have or enjoy?

Do I share the things and blessings I have been given with others?