

HOW TO GO TO CONFESSION

1. Make the *Sign of the Cross*
2. Say to the priest, “**Father, forgive me for I have sinned.**”
3. Say, “**It has been** (say how long) **since my last confession.**”
4. Tell the priest your biggest sins (since your last Confession).
5. The priest will probably chat with you for a bit and give you something to do for your *penance*.
6. When prompted, pray the *Act of Contrition* (You can pray the one below or one that is somewhat similar):

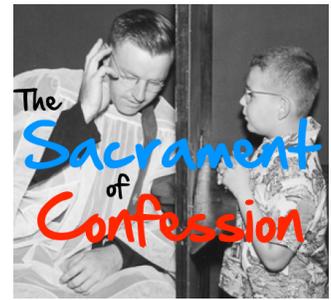
**Oh my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You who I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.
Amen.**

7. Jesus (through the priest) absolves your sins as the priest prays the prayer of absolution:

“God, the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; Through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

8. Make the *Sign of the Cross* and say, “**Thank you, Father**” to the priest.
9. Complete your penance and spend some time in prayer. When done, you can read your Bible and highlight/underline any good verses or stories that you read.

Examination of Conscience



Helpful tip: When you reflect upon your thoughts, words, and actions and come to the point where you don't know if something would be a sin or not, honestly ask yourself the following question:

WWJT?

(What Would Jesus Think?)

Would Jesus have been proud of me for doing (or not doing) this?

Would Jesus have done the same thing?

Questions to Consider:

1. Do I pray to God everyday? Do I pray for others or just myself? Do I seek to do God's will?
2. Have I been embarrassed to pray in public or let someone else know that I am a Christian? Do I share my faith with others or do I keep quiet and try to hide my faith?
3. Have I used the Lord's name in vain? (saying "Oh my God!" or "Jesus!")
4. Have I used bad language or said inappropriate things?
5. Have I said things in person, over the phone, through social media, or any other way that I shouldn't have?
6. Have I purposefully excluded others through my words or actions?
7. Have I spoken up for others who have been excluded or disrespected in any kind of way?
8. Have I cheated or shared answers with another student at school in any way?
9. Have I missed Mass on Sunday or a holy day of obligation?
10. Have I been disrespectful during Mass? (talking to others, not paying attention, not singing, not praying, etc.)
11. Do I respect and obey my parents? Have I made them mad in any way? Do I think or say bad things about them?
12. Do I help out around the house? (with chores, siblings, etc.)
13. Do I try my best to get along with my brothers and sisters? Am I a good role model for them?
14. Do I respect all people in authority? (priests, teachers, coaches, parents, etc.)
15. Do I try my best in school? Do I misbehave, get in trouble, or carry a bad attitude?
16. Do I hurt or bully other people? (physically or emotionally) Do I make fun of others? Do I talk about others behind their backs?
17. Is there someone I have stopped talking to? Is there someone I still need to forgive?
18. Do I watch TV shows, movies, or videos on the Internet that are bad? Do I listen to music that promotes or glorifies sin? Do I read books or magazines that I shouldn't? Do I play immoral video games? Do I look at impure pictures of any kind?
19. Do I waste time (playing video games, watching videos/shows, looking at social media, being on my phone, etc.) when I could/should be doing something more important?
20. Do I dress in a way that upholds my dignity and worth? Are the clothes that I wear modest?
21. Have I stolen anything? Have I destroyed or vandalized any property? Have I returned things that I borrowed?
22. Do I tell lies to make myself look good or to not get in trouble?
23. Do I unfairly judge others or do bad things to those who are different than me? Do I make fun of others or talk badly about anyone?
24. Am I thankful for the things that I have? Do I complain in order to get things? Do I share the things that I have?
25. Have I tried my best to be a "big-time saint"?