

# Going to Confession

## **FIRST: Examine your Conscience:**

- Have I disrespected my parents?
- Have I fought with my brothers and sisters, or friends?
- Have I stolen anything from school, a store, or my family?
- Have I said bad words?
- Have I cheated at games or on schoolwork?
- Have I watched bad TV shows or DVD's?
- Have I used something without asking, or not put it back where I found it?
- Have I missed Mass on Sunday?
- Have I gossiped about other people (said bad things about them)?
- Have I lied?
- Have I neglected my daily prayers?

## **THEN enter the Confessional** (either face-to-face or behind the curtain).

1- Make the “Sign of the Cross” with the priest.

2- SAY “Bless me Father for I have sinned. It has been \_\_\_\_\_ (weeks, months or years) since my last confession. These are my sins.”

4- TELL your sins and try to remember how many times. When you have told the priest all of your sins, SAY “I am sorry for these and all my sins.”

5- LISTEN to what the priest tells you and what your penance is.

6- SAY “The Act of Contrition” when the priest tells you:

**O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.**

7-The priest will give you “absolution” (forgiveness). Make the sign of the cross as he says “in the name of the Father, and of the Son, and of the Holy Spirit.”

8- PRAY the penance the priest gives you and remember to thank Jesus for forgiving your sins.