

3

How to Go to Confession

1. Begin with the Sign of the Cross.
2. Begin by saying, "**Bless me, Father, for I have sinned, it has been (number of days, weeks, months, etc.) since my last confession. These are my sins.**"
3. All mortal sins since your last confession must be confessed. Confess all venial sins for which you desire forgiveness.
4. At the end of your confession, say these or similar words, "**For these and all the sins of my life I am sorry.**"
5. The priest may ask for clarification or provide counsel.
6. The priest will give you a penance.
7. Make an Act of Contrition in these or similar words: "**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.**"
8. You will then receive absolution.
9. Thank the priest, leave the confessional, and say or do the penance as soon as possible.

The Sacrament of Reconciliation

Church of St. Therese

Grades 6-8

1

Preparing for Confession

Choose a quiet place to pray asking the Holy Spirit to guide you to remember your sins *and* to give you the courage to confess them. Remember to include any sins of omission—things you should have done but chose not to.

Mortal Sins Must Be Confessed

You are only obligated to confess mortal sins, although confession of venial sins is very helpful in receiving the grace to avoid sin in the future and for advancing in holiness.

For a sin to be mortal, three conditions must be met (in bold): "Mortal sin is sin whose **object is grave matter**, and which is also **committed with full knowledge** and **deliberate consent**." (CCC 1857; emphasis added)

2

Perform an Examination of Conscience

- » Reflect on how well you have kept the Ten Commandments.
- » Include all mortal (serious) sins since your last confession.
- » Also include your venial (less serious) sins, especially ones that happen frequently.

1. I am the Lord your God. You shall not have strange gods before me.

- Have I spent time *daily* with God in prayer?
- Do I put other activities, people, and/or things, before God?
- Have I received Holy Communion knowingly while in a state of mortal sin, without making an effort to go to confession?
- Have I ever purposely withheld a sin from the priest in confession?

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

- Do I always show ultimate respect for God's name?
- Have I made a promise using God's name and not fulfilled that promise?
- Have I used God's name in a derogatory manner such as in a curse, in anger, or being careless?
- Do I tell jokes which ridicule God, Mary, or the Saints?

- Have I used curse words or other foul language?
- Have I ever wished or prayed for evil upon someone?

3. Remember to keep Holy the Sabbath.

- Have I deliberately missed Mass on Sundays or on a Holy Day of Obligation by my own choice?
- Do I purposely arrive late to Mass or leave early without a serious reason?
- Have I made it difficult for my family to attend Mass?
- Do I actively participate at Mass?
- Have I kept the Eucharistic one-hour fast before Mass (no food/drink)?
- Do I do unnecessary work on the Sabbath (Sunday)?

4. Honor your father and mother.

- Have I lied, disobeyed, deceived, or been disrespectful to my parents, elders, or those in authority in my life?
- Have I fought with, yelled at, or been mean to/difficult with my siblings?
- Have I insulted them by swearing at them, talking back, or talking poorly about them to others?
- Do I willingly offer help to my siblings, friends, and classmates?
- Have I blamed others for something that I did wrong or tried to find fault in others?
- Have I refused to apologize when I have hurt someone?

5. You shall not kill.

- Have I harmed someone physically, mentally, or verbally?
- Am I harming myself by using alcohol, tobacco, vaping, or drugs?
- Have I harmed someone through bullying or insults?
- Have I easily lost my temper or shown anger to others?
- Have I held a grudge or refused to forgive someone?
- Have I treated animals or God's creation in a way meant to harm?
- Have I harbored feelings of hatred or envy towards others, been resentful, or jealous?

6. You shall not commit adultery.

- Do I respect members of the opposite sex, treating them as God's children?
- Do I sincerely try to be pure in my thoughts, words, and actions?
- Have I dressed or acted immodestly, or allowed others to look at my body for pleasure?
- Have I committed impure actions with others or with my own body?

7. You shall not steal.

- Have I stolen anything from a store or another person or encouraged anyone else to steal?
- Do I cheat in school, either by copying homework, stealing answers on a test, or copying published work and not citing its source?
- Do I waste time at school or at work, thereby cheating myself or my employer?
- Have I downloaded a copy of music or a video that I did not pay for that is usually rented or purchased, violating copyright?
- Have I honored my debts?

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

- Have I lied or deliberately withheld the entire truth?
- Have I exaggerated information to make myself look better?
- Have I gossiped or told lies about others?
- Have I failed to honor a confidence or secret entrusted to me?
- Have I failed to defend someone's good name?

9. You shall not covet (desire) your neighbor's wife.

- Have I allowed impure thoughts or desires, not trying to control my imagination?
- Have I viewed impure shows, pictures, movies, or videos on any TV/digital device?
- Have I told impure jokes or stories or allowed someone to tell me without stopping them?

10. You shall not covet (desire) your neighbor's goods.

- Am I jealous of other people's gifts, talents, or possessions?
- Have I been greedy or overly attached to the things of the world?
- Have I failed to help others--especially the poor--by neglecting to share what I have?

Notes for your confession:
