

## ***Going to Confession***

1. Find out when Confession is available (or make an appointment with a priest).
2. Make the sign of the Cross with the Priest. Then you can speak in your own words or you can say:

***Bless me Father for I have sinned. My last confession was (weeks/months/years) ago, and these are my sins.***

3. Now tell the priest your sins (be sure to mention all the sins you can remember in type and number - be honest with yourself and the priest. Remember not to hide your sins). After you have finished saying all your sins you can say:

***I am sorry for all these sins and for any I cannot now remember.***

4. The priest will then talk to you about your sins. Be sure to listen to his words of encouragement and advice. When he has finished he will ask you to do a penance. You can ask him questions if there is anything you do not understand. Then he will ask you to make an Act of Contrition such as:

***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. Amen.***

5. Wait while the priest says the Prayer of Absolution over you. This is where Jesus, acting through the priest, forgives all your sins. Make the Sign of the Cross as the priest concludes the Prayer of Absolution. When he is finished say ***“Thanks be to God.”***
6. You can now leave the Confessional knowing your sins are truly forgiven. Remember to do your penance as soon as possible.

If you are a little nervous or afraid, say a prayer to Jesus asking him to help you. Remember that it is Jesus whom you are talking to in the confessional and He is always there with open arms.

## **Merciful Redeemer Parish**



## **Guide to Confession Teenagers**

### ***Merciful Redeemer Confession Times***

Saturday 4:00 pm to 4:45 pm,  
Tuesday 6:00 pm to 6:45 pm,  
First Friday's 11:15 am – 12:00 pm  
or Anytime by Appointment

## ***Examination of Conscience***

An examination of Conscience has the purpose of helping you to reflect upon your actions to see when you may have turned away or distanced yourself from Jesus. Take time to reflect upon each question.

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

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, horoscopes, fortune telling, good luck charms, ouija boards rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic? Have I refused to learn more about the Catholic faith?

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

- Have I used the words "God" or "Jesus" in anger or irreverently?
- Have I used foul or ugly language?
- Have I shown disrespect for any holy things, places or people?
- When I received Holy Communion, have I done so without reverence, care or thanksgiving?

### **3) Remember to keep holy the Lord's Day.**

- Have I deliberately missed Mass on Sunday or any holy day of obligation?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?

### **4) Honor your father and your mother.**

- Do I respect and obey my parents?
- Have I dishonored my parents by word or action?
- Am I willing to help around the house or must I be asked a number of times?
- Do I try to get along with my brothers and sisters?
- Do I give a good example, especially to any younger siblings?
- Do I respect others in authority: priests, religious sisters, teachers, neighbours, police, the elderly?

### **5) You shall not kill.**

- Do I beat up others or hurt them physically (bully others)?
- Do I say mean things or make fun of others including behind their backs e.g. gossiping (including on social media)?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things to other people?
- Do I try to love all people, born and unborn?

### **6) You shall not commit adultery.**

- Do I treat my body and other people's bodies with purity and respect (e.g. have I committed any sexual or impure acts)?
- Do I look at television shows, movies, or pictures/magazines that are bad (that show inappropriate material)?
- Do I look at computer games or websites that are bad?
- Am I modest in my speech and the clothes I wear?

### **7) You shall not steal.**

- Have I taken things that were not mine e.g. from any store, another person, my parents or brothers/sisters?
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow? In good condition?

### **8) You shall not commit false witness against your neighbor.**

- Am I honest in my schoolwork (have I cheated on a test)?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Have I told lies about another person that hurts their reputation or makes them look bad?

### **9) You shall not covet your neighbor's wife.**

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there people I will not spend time with or be mean too because they look or act different than me?
- Do I look at or think of others in an impure way?

### **10) You shall not covet your neighbor's goods.**

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have including my talents with my family, friends, the Church and those in need?