

## Before Confession

Before you receive the sacrament, spend some time preparing yourself in mind and heart. Ask the Holy Spirit to help you celebrate the sacrament well. Here are some words you can pray if you wish:

O God, I love You!

I wish to love You more every day.

Help me to see how I have sinned.

Help me to be sorry for my sins.

Help me make up my mind to do better  
in the future.

Next, make a careful "examination of conscience."

Think carefully about your life and about the things for which you need to ask forgiveness. To help you, there is an examination of conscience in this brochure.

When you have thought about the sins you need to confess, say another prayer to make the best use of the sacrament. That prayer might go something like this:

Dear Jesus, I am sorry for my sins  
and I am ashamed of them  
because they have hurt You.

Help me to make a good confession.

Help me to know how much You love me.

Help me to rejoice because You forgive me.

## Examination of Conscience

Try to remember how long it's been since the last time you went to Confession. How have you offended God by any sins against Him and against other people? The following questions might help to jog your memory. You need to think about how you personally have sinned and how you personally need God's help.

### *The Love of God*

Have I rejected or neglected my faith?

Have I forgotten or rushed my daily prayers?

Have I experimented with the occult or put trust in  
fortune-tellers or horoscopes?

Have I used God's name in vain?

Have I shown disrespect for any people, places, things?

Have I missed Sunday Mass when it was possible for  
me to go?

Have I let myself be distracted at Mass?

Have I distracted others at Mass?

When I've received Holy Communion, have I done so  
not in the state of Grace?

### *The Love of Others*

Have I been unhelpful at home?

Have I failed to try to understand my parents and talk  
with them?

Have I upset the peace of my home for selfish reasons?

Have I lost control when I've been angry?

Have I sulked or been sarcastic?

Have I failed to work properly at school?

Have I treated teachers or other adults with  
disrespect? Have I played unfairly at games or sports?

Have I been violent?

Do I tell lies?

Do I bully others?

Do I start fights with my brothers and sisters at home  
or at school?

Have I betrayed secrets or repeated things to hurt  
others?

Have I used impure language?

Have I looked at impure images or videos?

Have I been involved in any impure behavior by myself  
or with someone else?

Have I stolen anything?

Have I misused or damaged the property of others?

Have I been jealous of others - of their looks, their  
property, their good work?

Do I set my heart on possessing things?

Have I encouraged others to do wrong in any way?

Do I follow rules about using my tablet/phone/video  
games at home?

My dear young brother or sister,

I know that sometimes going to Confession might not seem easy. It's embarrassing to tell our sins to anyone. But don't worry - when you confess your sins, it's Jesus Who hears them and it's Jesus Who forgives them. The priest is bound by "the Seal of Confession." That means that he may not - under any circumstances-reveal the sins you confess. Historically, priests have suffered martyrdom for refusing to repeat what was said in Confession.

The priest who hears your confession- whether it's me or another priest helping out here - will treat you with reverence and dignity. Most importantly, he will show you the mercy of Jesus, of Himself Who loves you so much! May God bless you! And may your confession be a moment of tremendous grace for you!

Father Solomon

## In the Reconciliation Room

You can take this pamphlet in with you to Confession. You can kneel in front of the small window if you do not want the priest to see you, or you can sit in the chair facing him. It's your choice.

Begin by making the Sign of the Cross with the priest. Then you can say to him:

***Bless me, Father, for I have sinned.***

***My last confession was \_\_ long ago (say roughly how long it's been) and these are my sins.***

Now tell your sins simply in your own words. When you have confessed all the sins you can remember that you haven't confessed before, you can say this to the priest:

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

The priest will now talk to you and give you a penance. The penance will be either a prayer or some kind of good deed. You can ask the priest questions if you want He will ask you to say an "act of contrition." Here is one that you can say:

***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!***

Wait while the priest says the prayer of absolution. Make the Sign of the Cross as he says:

***I absolve you from your sins in the Name of  
the Father and of the Son and of the Holy Spirit.***

## After Confession

If the priest has asked you to say some prayers for your penance, go into the church and say them now.

You might wish to say a prayer to God to thank Him for forgiving your sins. Make up your mind to try as best as you can to love God with all your heart and soul and mind and to love your neighbor as yourself. Here's a prayer you can say if you wish:

*O God, I thank You for forgiving my sins.*

*I will try now to love You*

*with all my heart, all my soul, and all my mind. I will  
try to love others, too, and to avoid sin, with the help  
of Your grace.*



Did you know ....

Other names for this sacrament are "Penance" and "Reconciliation."

In this sacrament, our sins are forgiven and we're also given grace to help fight those sins in the future.

Jesus Himself gave the Church the authority to forgive sins in His Name.

You don't have to wait until Saturday afternoon to go to Confession. If you need to go at another time, just call the Parish Office and we can make an appointment to do it another time.

# Confession

## A Guide for High-School Age Catholics