

## Steps to Reconciliation

1. Examine your conscience.
2. Be sorry for your sins; try to have perfect sorrow and love.
3. Make a firm resolution not to sin again and to avoid tempting situations.
4. Confess your sins to the priest (including the number of times you committed each mortal sin).
5. Do your penance.

### More for God

- Do I want to be a Saint and to grow in holiness?
- Do I have someone I can talk to about my relationship with God?
- Do I ask my confessor to help me overcome sins?
- Do I go to confession at least once a month?
- Do I examine my conscience at night and make a resolution to improve?
- Do I strive to build a stronger relationship with my family?
- Do I try to deepen friendships and talk about my faith with my friends?
- Do I pray with my friends?
- Do I strive to lead others closer to God?
- Do I make sacrifices to deny myself daily?
- Do I strive to live in the presence of God?
- Do I often recall the love of God my Father?
- Do I often recall that Jesus gave His life that I might live?
- Do I often recall that the Holy Spirit dwells within me to draw me closer to the love of God?

## Receiving the Sacrament

**Penitent: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Priest: May the Lord bless you and help you to make a good confession.  
(or similar words)

**Penitent: Bless me, Father, for I have sinned. My last confession was \_\_\_\_\_ . My sins are \_\_\_\_\_ .  
I am sorry for all my sins.**

Priest: (gives penance)

**Penitent:** (makes the Act of Contrition)

Priest: (says the Prayer of Absolution)

Priest: Give thanks to the Lord for He is good.

**Penitent: His mercy endures forever.**

Priest: Your sins are forgiven; go in peace. (or similar words)

**Penitent: Thanks be to God. Thank you, Father.**

### Act of Contrition

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.

# Guide for the Sacrament of Reconciliation



**For Adults & Teens**

# An Examination of Conscience

## based on the 10 Commandments and Precepts of the Church

### **Prayer to the Holy Spirit to help you know your sins**

Come Holy Spirit, fill me with your presence. Help me to see myself as I really am. Help me to see with the eyes of Jesus Who loves me as I am and calls me to perfection. Help me to see the ways in which I have offended my God, Who is worthy of all my love. Help me to see the ways in which I have offended those whom God has put into my life. Help me to see the ways in which I have offended myself, whom God has created and loved. Amen.

### **The 10 Commandments**

#### **I am the Lord, your God, you shall have no other God's besides me.**

- Did I put anything else above God?
- Did I deny or doubt God's existence?
- Did I refuse to believe God's revelation?
- Did I believe in horoscopes, fortune telling, or good luck charms?
- Did I deny or dismiss the Catholic faith?
- Did I doubt God's mercy?
- Did I presume on God's mercy?
- Did I neglect to pray regularly?

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

- Did I blaspheme God or take His name in vain?
- Did I curse or break an oath or vow?

#### **Keep holy the Lord's Day.**

- Did I miss Mass on Sunday or a Holy Day of Obligation?
- Am I always reverent in the presence of Jesus in the Eucharist?
- Did I fail to make a good effort to pay attention at Mass?
- Did I refuse to participate at Mass?
- Did I habitually come to Mass late or leave early?
- Did I do unnecessary work on Sunday or put off my homework so that I had to do it on Sunday?

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

- Did I disobey or disrespect my parents?
- Did I disobey laws or persons in authority?
- Did I neglect my duties to my family?
- Did I avoid spending time with my family?

#### **You shall not kill.**

- Did I fight with anyone? Did I physically injure or kill anyone?
- Did I have, help or advise an abortion?
- Did I fail to do things reasonably within my power to stop abortion?
- Have I supported pro-choice politicians when there were pro-life alternative?
- Did I attempt or dwell on suicide?
- Did I get drunk? Did I use drugs?
- Did I give scandal by what I said or did?
- Did I tempt someone else to sin?
- Was I impatient or unjustifiably angry?
- Did I fail to show compassion to someone?
- Am I revengeful or hateful?
- Did I hurt myself or fail to show respect for my body through unhealthy lifestyle, tattoos or piercings?

#### **You shall not commit adultery. You shall not covet your neighbor's wife.**

- Did I commit adultery or fornication?
- Did I get married or advise someone to marry outside the Church?
- Did I commit masturbation?
- Did I intentionally arouse myself or someone else?
- Did I use birth control?
- Have I lived with someone of the opposite sex?
- Did I use pornography?
- Did I dress immodestly?
- Did I use impure or suggestive words?
- Did I tell impure or degrading stories/jokes?
- Did I deliberately read impure material?
- Did I put myself or someone else in a place of temptation?
- Have I done anything that may have hurt another person's reputation?

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

- Did I steal? How much was it worth? Did I make restitution?
- Did I help or encourage anyone to steal or keep stole goods?
- Did I cheat?
- Did I fail to fulfill my duties to the best of my ability?
- Did I fail to give a full day's work for a full day's pay?
- Did I give or accept bribes, or gamble excessively?
- Did I fail to repay any of my debts?
- Was I envious, jealous, or otherwise unkind to anyone?

#### **You shall not bare false witness against your neighbor.**

- Did I tell lies? Did I hurt anyone with my lies?
- Did I lie under oath?
- Did I say unkind things?
- Did I gossip or reveal a secret?

### **The Precepts of the Church**

- Did I fail to abstain from meat on Ash Wednesday, the Fridays of Lent, and Good Friday?
- Did I fail to receive communion during Easter time?
- Did I fail to make a good confession at least once a year if I was in a state of mortal sin?
- Did I receive Holy Communion in a state of mortal sin?
- Did I receive communion without fasting from food or drink?
- Did I make a bad confession by omitting sins or failing to be sorry?
- Did I fail to contribute my time, talent and treasure to support the Church?
- Have I failed to educate myself regarding the true teachings of the Church?