

# ST. MICHAEL AND ST JOSEPH PARISHES CONFESSION GUIDE

**Examine your Conscience:** that is, reflect on what sins you have committed. To guide you, see the “examination of conscience” guide on the back of this sheet. It’s even okay to **make a list** to bring with you to confession if that helps.

**1. BEGIN: “In the name of the Father, and of the Son, and of the Holy Spirit, AMEN!”**

**2. SAY: “Bless me, Father, for I have sinned. My last confession was \_\_\_\_\_ (how long). These are my sins...”**

**3. CONFESSION OF SINS:** Tell Father your sins. **4. PENANCE.** Father will give you something to do or prayers to say. Listen carefully to your penance and do it right after your confession.

**5. ACT OF CONTRITION:** The Priest will then ask you to pray your Act of Contrition.

## 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.

**6. ABSOLUTION.** The priest will extend his hands in your direction and he will pray for God’s forgiveness

**7. CONCLUSION.** The priest will then likely say, “Your Sins are forgiven, Go in Peace.” To which you respond: **“Thanks be to God.”**

## EXAMINATION OF CONSCIENCE FOR CONFESSIONS

**I. 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 always put God first in my life

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

Have I used the words "God" or "Jesus" in anger?  
Have I used foul or ugly language?

**III. Remember to keep holy the Lord's Day.**

Have I missed Mass on Sunday or any holy day of obligation? Do I pay attention during Mass

**IV. Honor your father and your mother.**

Do I respect and obey my parents? Have I dishonored or mistreated them by my words or actions? Do I try to get along with my brothers and sisters? Am I a tattletale or bully?

**V. You shall not kill.**

Do I fight with or hurt others? Do I say cruel things, or make fun of others to hurt their feelings?

**VI. You shall not commit adultery.**

Do I treat my body and other people's bodies with care and respect? Do I look at television shows, movies, or pictures that are bad?

**VII. You shall not steal.**

Have I taken things that were not mine? Have I destroyed or misused another person's property? Do I return things that I borrow?

**VIII. You shall not commit false witness against your neighbor.**

Am I honest in my school work? Do I tell lies or exaggerate to make myself look good? Do I tell lies to protect myself from punishment?

**IX. You shall not covet your neighbor's wife.**

Do I allow my parents to spend time with one another, Do I get mad when I have to share my friends? Are there kids I will not play with or am mean to

**X. You shall not covet your neighbor's goods.**

Am I jealous or envious of the things or abilities that others have? Do I beg my parents for things my friends or other children have? Do I share the things I have with others?