

# CONFESSION IS *easy*



YOU

*After the greeting, you make the sign of the cross while saying*

In the Name of the Father and  
of the Son and of the Holy Spirit, Amen



PRIEST



He Will Use His Own Words

Bless me Father for i have sinned



This is my first confession

These are my sins:



*Now you may say all your sins*

*The priest will give you some advice. And then he will tell you  
to comply a penance, which usually involves saying a prayer.  
Then the Priest will forgive your sins with this prayer.*



I absolve you from all your sins, in the  
name of the Father and of the Son and  
of the Holy Spirit, Amen

*You express your contrition by saying:*

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  
me. In his name, my God, have mercy.  
Amen.



# EXAMINATION OF CONSCIENCE

## PRAYER BEFORE THE EXAM OF CONSCIENCE:

My Lord and my God, you investigate the hearts and know the consciences of men; grant me the grace of examining sincerely my sins and of comprehending their malice. Help me to confess and amend for them, so as to merit your pardon and your grace in this life, and then eternal Glory. Amen.

## A GUIDE TO HELP YOU WITH A CAREFUL EXAMINATION OF CONSCIENCE

### 1° 'I AM THE LORD YOUR GOD; YOU SHALL NOT HAVE STRANGE GODS BEFORE ME'

- Did I fail to love God... Did I fail to pray every day?
- Was I careless in saying my prayers?

### 2° 'YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN'.

- Did I curse or swear?
- Did I use God's Name in vain: lightly... carelessly... by blasphemy?
- Do I use profane language?

### 3° 'REMEMBER TO KEEP HOLY THE LORD'S DAY'.

- Have I missed Mass through my own fault? On Sundays? or Holy days?
- Was I late for Mass or did I leave early without a good reason?

### 4° HONOR YOUR FATHER AND YOUR MOTHER.

- Did I honor and obey my parents?
- Did I honor other with lawful authority, teachers, policemen, catechists, etc?
- Have I talked back?
- Failed to help at home?
- Been sad or sour with your parents?

### 5° 'YOU SHALL NOT KILL'.

- Was I angry... resentful... kept hatred in my heart?
- Did I fight.. give bad example or scandal?

### 6° 'YOU SHALL NOT COMMIT IMPURE ACTIONS'.

- Did I consent to impure glances?
- Do I avoid laziness, gluttony, idleness, and the occasions of impurity?

### 7° 'YOU SHALL NOT STEAL'.

- Did I steal? What or how much?
- Did I return it or make equal restitution?
- Did I waste time at work, in school, at home?
- Am I stingy?

### 8° 'YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR OR LIE'.

- Have I lied, gossiped?
- Talked about another behind his back?
- Do I always tell the truth?
- Did I reveal secrets that should have been kept confidential?

### 9° 'YOU SHALL NOT CONSENT TO IMPURE THOUGHTS OR DESIRES'.

- Have I consented to impure thoughts?
- Do I pray at once to banish such bad thoughts and temptations?

### 10° 'YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS'.

- Is my heart greedy?
- Am I jealous of what another has?
- Am I envious of him because I don't have what he has?
- Do I work, study, and stay busy to counter idle thoughts?

**REMINDER:** You cannot sin "unintentionally", and if someone does something wrong to you, it is not your sin, but that person's sin, and you should tell an adult about it.

If you are not sure about an act that you think could be or could not be a sin, just ask the confessor and he will clarify to you the situation.



**IMPORTANT:**  
**GOD LOVES**  
**YOU**, no matter  
what you do,  
**HE ALWAYS LOVES YOU**  
And it will never stop  
**LOVING YOU**

