

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.

Steps for making a good confession

1. Examine your conscience by using this brochure and reflecting on your sins and life choices.
2. After examining your conscience, enter the confessional, be seated or kneel and say, "**bless me, Father, for I have sinned.**"
3. Then tell the priest how long it has been since your last confession. If it is your first time, then you say, "**this is my first confession.**"
4. Begin listing the sins that you are sorry for and that you wish forgiveness from.
5. When you have finished your confession the priest will give some words of wisdom. Listen to him carefully. He will then give you a penance to perform and offer absolution.
6. You will then recite the "Act of Contrition."

Preparing for Confession:
a guide for older youth

Co-Cathedral of the Sacred Heart
Cathedral Centre
Houston, Texas 77002

Phone: 713-659-1561
E-mail: info@sacredhearthouston.org

Preparing for Confession



**Examination of Conscience:
a guide for older children**

CO-CATHEDRAL OF THE SACRED HEART
CONTINUING CHRISTIAN EDUCATION

Examination of Conscience

Adapted from Fr. Edward Filardi, Gaithersburg, Maryland

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 put my trust in superstitions, good luck charms, rather than God alone?
- Have I rejected any Church teaching or denied that I was a Catholic?

II. 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 wished evil on another?

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

- Have I 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?

IV. Honor your father and your mother.

Do I respect and obey my parents?

- Have I dishonored or mistreated them by word or deed?
- Am I willing to help around the house or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters?
- Am I or bully to my siblings?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, police, my elders?

V. You shall not kill.

- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others intending to hurt their feelings?
- Do I say cruel things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do things I know are wrong?
- Do I try to love all people, born and unborn?

VI. You shall not commit adultery.

- Do I treat my body and other people's bodies with purity and respect?
- Do I look at television shows, movies, or pictures that do not respect the human body?
- Am I modest in my speech and the clothes I wear?

VII. You shall not steal.

- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow? In good condition?

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

- Am I honest in my school work?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?

IX. 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 kids I will not be friends with or am mean to because they look different?

X. 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 with my family, friends and poor people?



Row of confessionals set up at World Youth Day 2011