

## **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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.**

- 6. ABSOLUTION.** Don’t get up to leave after that prayer, because the best part is yet to come: 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?