

An Examination of Conscience for Young People

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 a tattletale or bully?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, teachers, coaches, police, etc.?

V. You shall not kill.

- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?

- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- 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 are bad?
- 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 other teens I will not speak 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 the less fortunate?

Going to Confession

After examining your conscience and telling God of your sorrow, go into the confessional. You may kneel at the screen or sit to talk face-to-face with the priest.

Begin your confession with the sign of the cross, and say, "Bless me Father, for I have sinned. It has been _____ (weeks, months, years) since my last confession."

The priest may read a passage from Holy Scripture.

Say the sins that you remember. Start with the one(s) that is most difficult to say. (In order to make a good confession the faithful must confess all mortal sins, according to kind and number.) After confessing all the sins you remember since your last good confession, you may conclude by saying, "For these and all my sins, I am truly sorry."

Listen to the words of the priest. He will assign you some penance. When invited, express some prayer of sorrow or Act of Contrition such as:

O my God, I am heartily sorry for having offended you. And I detest all of my sins, because of your just punishments, but most of all because they offend you, my God, who are all good, and deserving of all my love. I firmly resolve with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.



At the End of Confession

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest.

As you listen to the words of forgiveness you may make the sign of the cross with the priest. If he closes by saying, "Give thanks to the Lord for He is good," answer, "For His mercy endures forever."

After Confession

Give thanks to God for forgiving you again. If you recall some serious sin you forgot to tell, rest assured that it has been forgiven with the others, but be sure to confess it in your next Confession.

Do your assigned Penance.

Resolve to return to the Sacrament of Reconciliation often. We Catholics are fortunate to have the Sacrament of Reconciliation. It is the ordinary way for us to have our sins forgiven. This sacrament is a powerful help to get rid of our weaknesses, grow in holiness, and lead a balanced and virtuous life.

