

How to Go to Confession

A Quick Guide

to the Sacrament of Penance
for Saint Agnes Youth



EXAMINATION OF CONSCIENCE

Spend a few minutes examining your conscience so as to remember your sins since your last confession. Remember to tell the priest the **frequency** of each sin. For example, "I lied **once a day / twice a week / once a month.**"

When the confessional is empty, enter the confessional, close the door, and kneel down.

IN THE CONFESSIONAL

The priest may begin with a greeting and then follow with the Sign of the Cross. If he does not begin with the Sign of the Cross, then you should begin.

Priest In the name **+** of the Father, and of the Son, and of the Holy Spirit.

Penitent Amen.

Bless me, Father, for I have sinned.

Tell the priest how long it has been since your last confession.

Penitent It has been _____ **weeks / months** since my last confession. These are my sins.

Immediately begin to tell the priest your sins. You do not have to precede each sin with "I am sorry for...". Simply tell the priest your sins.

When you are done telling your sins say:

I am sorry for these and all my sins.

The above phrase includes any sins that you may have forgotten.

Priest The priest may give you some counsel (advice) and then will give you a penance to perform. The penance might be some prayers or an act of charity to perform.

When the priest is done, you should pray an *Act of Contrition* aloud.

ACT OF CONTRITION

Penitent O my God,
I am heartily sorry
for having offended you,
and I detest all 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 occasion of
sin.
Amen.

Priest The priest will pray the prayer of Absolution by which you are absolved (forgiven) of your sins.

When the priest makes the sign of the cross over you, at the end of the prayer of Absolution, you should make the sign of the cross on yourself.

... and I absolve you of your sins,
in the name **+** of the Father, and of the Son, and of the Holy Spirit.

Penitent Amen.

Priest [The Lord has freed you from your sins.]
Go in peace.

You may now leave the confessional. Please leave the door open for the next person to enter.

AN EXAMINATION OF CONSCIENCE FOR A YOUNG PERSON

Examine your responsibilities to God.

- Have I prayed every day? Have I prayed my morning and night prayers? Have I prayed with my parents and family?
- Have I been moody and rebellious about praying and going to Mass on Sunday? Have I missed Mass on Sunday through my own fault? Have I paid attention at Mass?
- Have I asked the Holy Spirit to help me whenever I have been tempted to sin? Have I asked the Holy Spirit to help me do what is right?
- Have I been disrespectful towards our faith and the church?
- Have I failed to learn about God when I had the chance?

Examine your responsibilities to others.

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn, or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, brothers and sisters, teachers, or my friends and schoolmates? Have I refused to share or contribute my efforts to the development of a loving and just family life?

- Have I gotten angry at them? Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I treated others with respect or have I made fun of them and called them names?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I cheated or done other acts of dishonesty?
- Have I used the internet or computer in ways that hurt others or myself?
- Have I treated my body with respect as a dwelling place of the Holy Spirit?
- Have I performed my responsibilities: done my homework, household chores?
- Have I been helpful and affectionate toward my family? Have I been kind and generous with my friends?

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