

# SACRAMENT OF RECONCILIATION FOR YOUTH

## HOW TO GO TO CONFESSION

1. Think about your sins using the examination of conscience (see other side) by reflecting on your sins.
2. Begin your Confession by saying, “In the name of the Father, and of the Son and of the Holy Spirit. Bless me Father for I have sinned. It has been [length of time] since my last Confession. These are my sins...”

When confessing your sins:

- Name your sins specifically, but avoid unnecessary details and background information.
- If you’re not sure if something is a sin, just ask the priest.
- Feel free to ask the priest for advice.

3. The priest will suggest something for you to do or pray after Confession (called penance), as a response to God’s mercy.
4. The priest will then ask you to pray the Act of Contrition out loud (see text below) to show that you are sorry.
5. The priest will extend his hands in your direction and pray the Prayer of Absolution. You respond “Amen.”
6. The priest will likely say “God has freed you from your sins. Go in peace.” You can respond “Thanks be to God.”

### 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 Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen



Archdiocese  
of Toronto

# EXAMINATION OF CONSCIENCE FOR YOUTH

**I am the Lord your God: you shall not have strange Gods before me.**

Do I care more about friends and games than talking to God? Do I try to be like Jesus and the Saints?

**You shall not take the name of the Lord your God in vain.**

Do I use the God's name carelessly? Do I use the name of Jesus in anger?

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

Did I attend Mass on Sunday? Have I remembered to pray daily?

**Honor your father and your mother.**

Do I obey my parents? Have I done my chores without complaining or being reminded? Have I been disrespectful to teachers?

**You shall not kill.**

Do I get angry too easily and react in ways I regret? Do I hold grudges and try to get even with others? Am I caring to others, including those who seem different than me? kind?

**You shall not commit adultery.**

Do I show respect for my body and the bodies of others? Do I avoid harmful things like drugs, cigarettes and alcohol?

**You shall not steal.**

Have I taken something that belongs to someone else? Have I used my money responsibly? Others?

**You shall not bear false witness against your neighbour.**

Do I ever cheat at games or in my schoolwork? Have I lied? Do I gossip or talk behind people's backs?

**You shall not covet your neighbour's spouse.**

Am I jealous of other people's friends or status? Is being popular more important to me than following God?

**You shall not covet your neighbour's goods.**

Have I been jealous of the things that my friends have? Have I nagged my parents into buying things I don't really need? Am I generous with my time and possessions?

