

Rite of Confession for High School Youth

1) Prepare for Confession

- a. Ask the Holy Spirit to help you to know your sins
- b. Use the examination of conscience to help you to call to mind your sins since your last good confession.
- c. Resolve to never do these sins again

2) Make a Good Confession

- a. Choose to kneel (anonymous) or sit (face-to-face)
- b. Begin with the Sign of the Cross and then say:
**"Bless me Father for I have sinned,
it has been [tell how long] since my last confession,
and these are my sins:**
- c. Confess your serious (mortal sins) by kind and number and confess any less serious (venial) sins you really want help with. When you are done confessing your sins, say:
"For these and all my sins I am sorry."
- d. The priest may give you some advice and will give you a penance to do after your confession. Remember your penance.

e. Pray your 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.

- f. The priest will give you absolution. Make the sign of the cross as he says "...in the name of the Father and of the Son, and of the Holy Spirit."

g. The priest will give you a dismissal. You may response:
"Thanks be to God" or "Thank you Father."

3) Do Your Penance

- a. Pray the prayers or do the thing the priest asked you to do for your penance
- b. Thank God for his mercy

An Examination of Conscience for High School Youth

1. You shall have no other gods besides the Lord your God.

Do I love God above all things?

Have money and pleasure become more important to me than the God who created me for Himself?

Do I pray often? Have I neglected my friendship with God by neglecting prayer?

Have I been involved with occult or superstitious practices, i.e., fortune telling?

2. You shall not take the Lord your God's name in vain.

Have I ever lied after "swearing to God" that I am telling the truth?

Have I ever used God's name out of anger, that is, as a curse?

3. Keep the Sabbath day holy.

Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday)?

Have I ever missed Mass on a Holy Day of Obligation?

4. Honor your father and your mother so that you may live long and flourish.

Do I disobey my parents?

Do I fail to respect them?

Do I swear at them?

Am I ashamed of them?

Do I let them know I love them?

Do I lie to them?

Do I steal from them?

Am I obeying and honoring those in place of my parents, such as teachers and principals?

Do I skip class?

Do I lie to my teachers?

Do I swear at them?

5. You shall not kill.

Am I doing wrong to myself by taking illegal drugs, such as marijuana?

Abusing alcohol?

Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?

Have I used abortifacient contraceptives or encouraged anyone to do so?

Have I hurt anyone's reputation by deliberately spreading rumors or keeping rumors alive by passing them on?

Do I nurse anger against anyone?

Hold a grudge?

Refuse to forgive another?

Have I cursed anyone?

6. You shall not commit adultery.

Have I ever had sex with anyone outside of marriage?

Have I ever watched pornography either on the Internet or through some other media?

Have I ever freely and deliberately entertained impure thoughts?

Have I practiced any form of contraception?

Am I modest in dress?

7. You shall not steal.

Do I steal from my parents?

Do I steal from friends?

Have I ever stolen from a stranger?

Have I stolen any property from a store?

In other words, have I ever taken what rightfully belongs to another?

Do I gamble excessively?

Do I seek to share what I have with the poor and needy?

8. You shall not bear false witness against your neighbor.

Am I a liar?

Am I guilty of detraction, that is, making known the faults of others?

Am I guilty of slander, that is, spreading lies about someone?

Do I gossip about others?

Do I reveal information that should be confidential?

Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?

9. & 10. You shall not envy your neighbor's wife and goods.

Am I envious of others?

Do I wish that others be deprived of the goods or talents that are theirs?

Am I jealous of others?

Do I harbor unforgiveness and grudges against others?

Am I a resentful person?

Do I put down others?