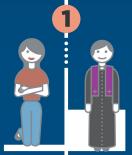
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CONFESSION MADE EASY

YOU | PRIEST

In the name of the Father, and of the Holy Spirit

As you make the sign of the Cross



May the Lord be in your heart and help you to confess your sins with true sorrow

Bless me Father for I have sinned. It has been... weeks/months/years since my last confession

Approximate, if you don't remember

My sins are...

Then confess your sins, simply and sincerely



Priest gives some advice



He gives you a penance, which is usually to recite a prayer

You express contrition saying

Lord Jesus, Son of God, have mercy on me a sinner

Or you can say an act of contrition you may know



In Jesus' name, <u>the p</u>riest then says



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

He then invites you to go in peace, having been forgiven by God.

TEENS

Confession is your chance to ask God for forgiveness and receive His mercy. Before you enter the confessional, take a few moments to gather your thoughts and think about what you may have done to hurt others and what you can do better as a Christian. A sincere Confession is a chance to renew your soul and open yourself to the Grace of God. The following questions are to help you reflect upon what you need mercy for.

- Have I rejected or neglected my faith or not bothered to find out more about it? Have I refused to defend my faith, or been embarrassed of it?
- Have I taken the Lord's name in vain? Have I experimented with the occult or put my trust in fortune-tellers or horoscopes? Have I shown disrespect for any holy things, places or people?
- Have I chosen not to attend Mass on Sundays or Holy Days of Obligation? Have I left God out by not praying?
- Have I received Holy Communion with a grave sin on my conscience? Have I received Holy Communion without proper reverence or thanksgiving?
- Have I been unhelpful at home? Have I lacked love for my parents?
- Have I been impatient, angry or jealous? Have I fostered resentments or been unwilling to forgive? Have I sulked or given in to sarcasm? Have I been hateful or judgemental in thoughts or deeds?
- Have I failed to work properly at school? Have I given in to laziness? Have I treated teachers and other adults with disrespect?
- Have I been violent or taken part in fights? Have I hurt anyone by speak-

- ing badly about them or by engaging in gossip on the internet? Have I betrayed secrets or told things simply to hurt others?
- Have I spoken in an obscene way? Have I looked at obscene magazines, websites or videos? Have I been involved in impure behaviour on my own or with someone else?
- Have I told lies to excuse myself, to hurt others or make myself look more important?
- Have I stolen anything? Have I misused or damaged the property of others?
- Have I been jealous of others, of their looks, their popularity, their good work? Do I set my heart on possessing things?
- Have I encouraged others to do wrong in any way?
- Have I consumed alcohol excessively or taken drugs?
- Have I been vain or selfish in my thoughts or actions?
- Have I preferred physical comfort to service of others? Have I neglected the responsibility to bring others closer to God through example and word?