

CONFESSION MADE EASY

YOU | PRIEST

In the name of the
Father, and of the Son,
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,
the priest 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 speaking 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?