

Today's Date: \_\_\_\_\_

**Before Confession:**

- Pray, "Come Holy Spirit" and make an Examination of Conscience. (Chapter 2)
- Pray for your confessor.

**During Confession**

- Priest welcomes you. Make the Sign of the Cross.
- Say "**Bless me Father, for I have sinned, this is my First Confession,**" or "**Bless me Father, for I have sinned, my last Confession was \_\_\_\_\_ (days, weeks, months) ago.**"
- Tell the priest your sins below:

✓	<b>The Lord says, "You Shall Love the Lord Your God with your whole heart."</b>	<b># Of Times?</b>
	I did not obey God right away.	
	I do not believe God loves me.	
	I did not use all the graces God gave me to become closer to Him.	
	I did not pray my daily prayers (morning, evening, meals).	
	I put other things before God (friends, toys, games, and money).	
	I did not try to do my best for Jesus, even when I had to do things I didn't want to.	
	I spent money unwisely.	
	I placed my faith things other than God (good luck charms, etc.)	
	I said God's name in anger or frustration and / or spoke disrespectfully of God or Our Lady.	
	I used bad words (swear words).	
	I did not show reverence toward sacred persons, places, and things (e.g., the Pope, Bishop, priests, nuns, brothers, crucifixes, sacramentals, etc.).	
	I missed Mass on purpose on a Sunday or Holy Day of Obligation.	
	I was late for Mass or my behavior played a factor in our being late for Mass.	
	I did not abstain or fast according to Church teaching (one hour before receiving Jesus in Eucharist, no meat on Friday during Lent, etc.).	
	I laughed or distracted others in church.	
✓	<b>The Lord Says, "You shall love your neighbor as yourself,"</b>	
	I did not give my parent, guardian, or teacher right-away obedience.	
	I was disrespectful to my parent, guardian, or teacher.	
	I did not do my chores without grumbling or needing to be nagged.	
	I spoke uncharitably to my parent, guardian, teacher, friend, sibling, etc.	
	I lied.	
	I took something that did not belong to me.	
	I teased someone.	
	I hurt someone.	
	I did not treat my body, a temple of the Holy Spirit, with respect (ate too much, dressed immodestly, avoided exercise, etc.).	
	I did not respect other's personal space.	
	I said unkind words to or about someone else.	

	I became envious of something someone else has or has achieved.	
	I became angry or envious and did not handle my feelings in a positive way.	
	I was prideful or boastful.	
	I could have helped somebody and chose not to.	
	I could have shared and chose not to.	
	I could have been charitable and chose not to.	

- Say, **"I am sorry for these and all of my sins."**
- Listen to the priest and pray an **Act of Contrition**:  
**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.  
**Or**  
**Act of Contrition:** O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen.
- Priest will say words of absolution (forgiveness). Make the Sign of the Cross.
- If he closes by saying, "Give thanks to the Lord for He is good," answer, **"For His mercy endures forever."**
- Perform your penance.
- Thank God.