

___ Have I seriously entertained temptations to steal?

___ Have I been greedy?

8. You shall not lie.

___ Did I tell the truth?

___ Have I lied?

___ Did I say things about other people that are not true?

___ Did I cheat in class or in games?

___ Have I gossiped about another person?

9. You shall not covet your neighbor's wife.

___ Do I think mostly about myself and what I want?

___ How often do I think about other people and what they would like?

10. You shall not covet your neighbor's goods.

___ Do I thank God for the things that He has given me?

___ Do I thank my parents and relatives for the things they have given me?

___ Do I spend more time thinking about things that I want than I do talking to God?

Steps to a Good Confession:

1. Carefully examine your conscience.
2. Be sincerely sorry for your sins.
3. Make a firm resolution not to sin again and to avoid the near occasion of sin.
4. Tell your sins to the priest and receive absolution.
5. Do the penance the priest gives you.

Suggested Dialogue:

Priest: May the Lord be on your heart, on your mind, and on your lips so that you may know your sins, and confess them with true repentance and a firm purpose of amendment.

Penitent: Bless me Father, for I have sinned. It has been _____ since my last confession.

Here state your sins.

Priest gives counsel and penance.

Penitent makes Act of Contrition:

Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.

Receive absolution and then respond "Thanks be to God."

The Celebration of the Sacrament of Penance and Reconciliation



“To those who have been far away from the Sacrament of Reconciliation and forgiving love I make this appeal: come back to this source of grace; do not be afraid! Christ is waiting for you. He will heal you and you will be at peace with God!”

—John Paul II, September 13, 1987

Ages 10–14



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1. You shall not have other gods before Me.

- ___ How have I acted toward God?
- ___ Do I think of God and speak to Him by praying to Him every day?
- ___ Have I made a bad confession (purposely avoiding to confess a mortal sin)?
- ___ Have I received Jesus in Holy Communion unworthily (with mortal sin on my soul)?

2. You shall not take the Name of the Lord your God in vain.

- ___ Have I used bad words?
- ___ Have I jokingly or irreverently spoken about God or holy things?
- ___ Have I tried hard to keep the promises and resolutions which I have made to God?
- ___ Have I spoken God's Name in anger?

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

- ___ Do I go to Mass on Sunday?
- ___ Do I do all I can to make Sunday a day of rest and joy for my family?
- ___ Do I take part in the Mass, or do I distract others by laughing, talking, or playing?
- ___ Have I deliberately failed to pay attention at Mass?
- ___ Am I generous in helping the Church, contributing some of my allowance or savings at collection time to help the Church in her necessities as much as I can?
- ___ Have I fulfilled my yearly Easter duty of receiving Holy Communion (and going to Confession, if necessary)?

4. Honor your father and your mother.

- ___ Do I pay attention to my parents, priest, and teachers, especially when they talk to me about God?
- ___ Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- ___ Do I tell my parents or those in authority over me that I am sorry and ask them to forgive me when I have not obeyed them or have not been respectful toward them?
- ___ Have I failed to express my love for my parents?
- ___ Do I nurse angry feelings or show resentment when I am corrected by my parents?
- ___ Do I obey the rules of my home and school?
- ___ Do I pray every day for the help I need to be a holy child, and a holy brother or sister?

5. You shall not kill.

- ___ Have I treated other people badly?
- ___ Do I help my brothers, sisters, and classmates when they need my help?
- ___ Am I kind to everyone?
- ___ Did I hurt anyone on purpose?
- ___ Have I fought with my brothers, sisters, or friends?
- ___ Am I willing to talk or play with everyone?
- ___ Have I forgiven all those who have hurt me, for love of Jesus?
- ___ Did I make fun of anyone, put anyone down, or tease anyone to the point of upsetting them?

- ___ Have I hated anyone or nursed bad feelings, resented, or refused pardon toward any person?
- ___ Have I sought pardon of those whom I have offended?
- ___ Do I do all my class work and my chores at home well?
- ___ Do I take care of my health by eating the right food, getting enough sleep, and doing other things that I know are good for me?

6. You shall not commit adultery.

- ___ Have I kept my mind, heart, and body pure, as the dwelling, or temple, of God?
- ___ Have I been impure with touches (by myself or with another person)?
- ___ Have I been impure with words or thoughts?
- ___ Have I watched impure movies or television programs or listened to music that offended God?
- ___ Have I engaged in impure conversations? Did I begin them?
- ___ Have I neglected to dress modestly or to otherwise safeguard purity?
- ___ Have I willfully looked at immodest pictures?
- ___ Have I displayed immodest looks or glances at myself or others?

7. You shall not steal.

- ___ Did I steal or keep things that are not mine?
- ___ Am I willing to share my things with others?
- ___ Did I return things I have borrowed or stolen?