

Prayer Before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly and with contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, mirror of innocence and sanctity, and refuge of penitent sinners, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a most miserable sinner, that I may repent from my evil ways, that my heart may henceforth be forever untied with yours in eternal love. Amen.

Act of Contrition

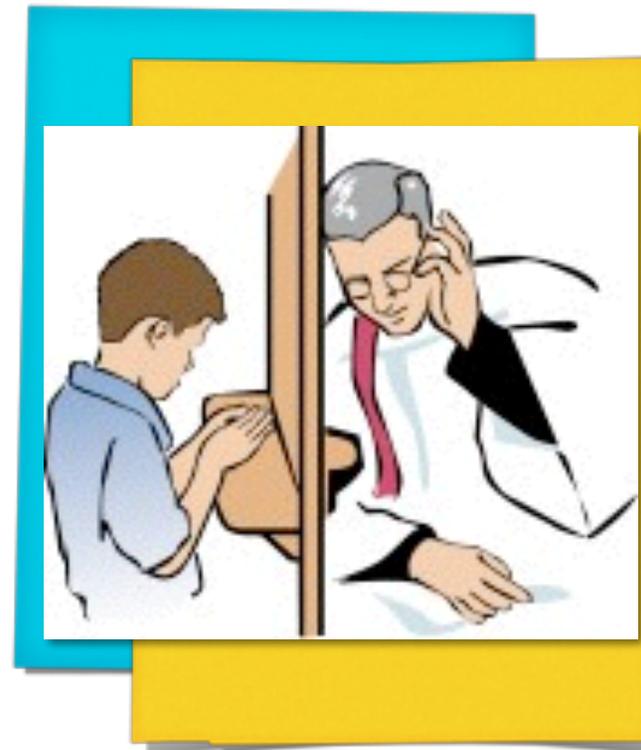
O my God I am heartily sorry for having offended You, and I detest all my sins because Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen.

Steps for making a good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Make up your mind not to sin again.
4. Confess your sins to the priest.
5. Do the assigned penance.

Effects of the Sacrament of Confession

1. Your sins are forgiven.
2. Grace is restored to your soul.
3. Strength is given to help you be a good Christian.



DIVINE MERCY RELIGIOUS EDUCATION CONFESSION GUIDE



Examination of Conscience

The Ten Commandments

I: I am the Lord your God; you shall not have strange gods before me.

- Do I tell God that I love Him?
- Do I thank God every day for all He has given me?
- Do I pray to God every day?

II: You Shall not take the Name of the Lord your God in Vain.

- Have I said God's name in a disrespectful way?
- Have I said bad words?
- Have I made fun of holy things?

III: Remember to keep holy the Lord's Day.

- Have I missed Mass on Sunday (or Saturday evening)?
- Do I pay attention and pray at Mass?
- Have I fasted an hour before receiving Communion?
- Di I behave in Church? Have I talked, played or distracted others?

IV: Honor your father and mother.

- Do I obey my parents, teachers and those who care for me quickly and cheerfully or do I have to be reminded?
- Have I talked back to my parents?
- Do I help my parents and do my share of the

- work at home without complaining?*
- Have I treated any adult disrespectfully?
- Do I tell my parents that I love them?
- Have I broken any of the rules of my home or school?

V: You shall not kill.

- Have I treated anyone unkindly or disrespectfully?
- Have I hit, kicked or fought with my brothers and sisters or anyone else?
- Have I hurt someone's feelings by calling them names or making fun of them?
- Have I bullied anyone?
- Have I hurt someone's feelings by not playing with them or leaving them out of activities?
- Have I been angry and wanted to hurt someone?
- Do I forgive people when they apologize or do I stay mad at them?
- Do I take care of my body by eating the right food and going to bed on time?

VI: You shall not commit adultery.

- Have I watched inappropriate things on TV?
- Have I watched inappropriate thing on the internet, smart phone or in video games?
- Do I respect other people's privacy, especially members of my family?
- Do I knock at a closed door before entering?
- Do I close the door when I am in the bathroom or getting dressed?

VII: You shall not steal.

- Did I take something that didn't belong to me?
- Did I break or lose something that was not mine and not fix or replace it?
- Do I ask first if I would like to borrow something that does not belong to me?
- Do I return on time everything that I borrow?

- If I find money or something that does not belong to me do I try to find out who lost it?
- Have I been selfish and not shared my things with others?
- Have I wasted food or other things?

VIII: You shall not bear false witness against your neighbor.

- Have I lied?
- Have I said bad things about someone behind their back?
- Have I cheated on a test or in a game?
- Do I play fair?
- Have I talked about something that I should have kept to myself?
- Do I keep my promises?
- Have I gossiped about anyone?

IX: You shall not covet your neighbor's wife.

- Am I jealous of someone because their parents let them do things that my parents don't let me do?
- Do I wish that I had different parents, brothers or sisters?

X: You shall not covet your neighbor's goods.

- Am I envious because others have things that I want?
- Am I greedy?
- Have I been upset or unhappy when someone got something I wanted?
- Have I been envious when something good happened to someone?
- Have I been too critical of others?
- Am I grateful for the things I have?