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You shall not steal

- Have I taken something that belongs to someone else?
- Have I “forgotten” to return something that I borrowed?
- Have I used money responsibly?

You shall not bear false witness against your neighbor

- Do I play fairly or do I ever cheat at school or games?
- Have I been honest, truthful and fair or have I lied?
- Have I hurt someone by what I have said or done?
- Do I gossip?
- Have I copied someone else’s homework?

You shall not covet your neighbor's wife

- Have I been jealous of friends that someone else has?
- Have I tried to be kind to others?
- Have I looked impurely at another?

You shall not covet your neighbor's goods

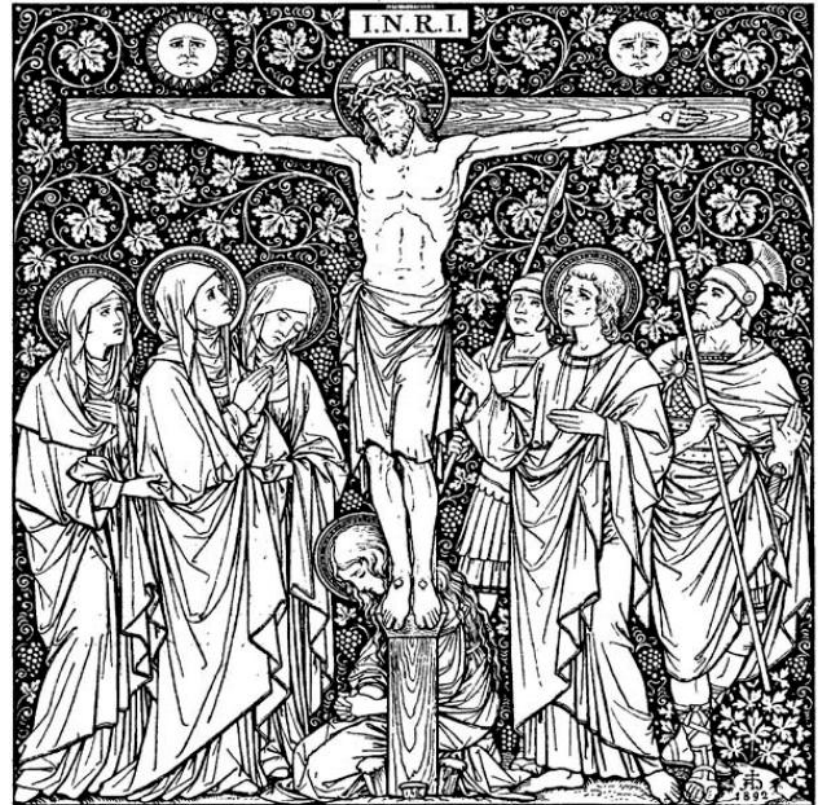
- Have I been jealous of the things that my friends have?
- Have I nagged my parents into buying things because my friends have them?
- Have I helped others when they needed help?



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

For Middle School Youth



A Guide to the Sacrament of Reconciliation

STEPS TO A GOOD CONFESSION:

1) Prepare for Confession

- a. Ask the Holy Spirit to help you to know your sins
- b. Use the examination of conscience to help you to call to mind your sins since your last good confession.
- c. Resolve to never do these sins again

2) Make a Good Confession

- a. Choose to kneel (anonymous) or sit (face-to-face)
- b. Begin with the Sign of the Cross and then say:
"Bless me Father for I have sinned,
it has been [*how long*] since my last confession,
and these are my sins:
- c. Confess your serious (mortal sins) by kind and number and confess any less serious (venial) sins you really want help with. When you are done confessing your sins, say:
"For these and all my sins I am sorry."
- d. The priest may give you some advise and will give you a penance to do after your confession. Remember your penance.
- e. Pray your Act of Contrition (*see back*)
- f. The priest will give you absolution. Make the sign of the cross as he says "...in the name of the Father and of the Son, and of the Holy Spirit."
- g. The priest will give you a dismissal. You may response:
"Thanks be to God" or "Thank you Father."

3) Do Your Penance

- a. Pray the prayers or do the thing the priest asked you to do for your penance
- b. Thank God for his mercy

AN EXAMINATION OF CONSCIENCE FOR YOUTH

I am the Lord your God. You shall not have strange gods before me

- Have I wanted more things, making things more important than God?

You shall not take the name of the Lord your God in vain

- When I make promises, do I take them seriously?
- Do I use God's name carelessly or in anger?
- Do I use other inappropriate language?

Remember to keep holy the Lord's day

- Did I stay home from church when I could have gone with my family?
- Have I tried to get a ride to church for mass if I needed one?
- Have I remembered to pray regularly?

Honor your father and your mother

- Do I obey my parents or do I delay obedience?
- Have I done my chores without complaining?
- Have I been disrespectful to teachers or coaches?

You shall not kill

- Do I keep my patience or do I lose my temper?
- Do I hold grudges and try to get even with others?
- Have I been unfair to others?
- Have I refused to forgive someone else?
- Have I caused another person to sin?

You shall not commit adultery

- Have I forgotten to show respect for the bodies of others as well as myself? Have I used my body inappropriately?
- Do I avoid harmful things like drugs, tobacco and alcohol?
- Have I watch inappropriate television gone to internet sites I am not supposed to?

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