

Preparing to make a good Confession

- *Have I put God first in my daily life?*
- *Have I formed my day around God, or do I make God fit into my day?*
- *Do I pray every day?*
- *Have I put sports, school, friends, family, or work before time spent with God?*
- *Have I participated in occult activities: ouija boards, wicca, spells, divination, evil eye, tarot cards?*
- *Have I used God's name without a purpose (i.e. "Oh my God!")?*
- *Have I called upon God's name with intent to harm others?*
- *Have I shown disrespect towards God and His Holy Name?*
- *Have I missed Sunday Mass or any Holy Days of obligation since my last confession?*
- *Have I been patient with my parents and family members?*
- *Have I been resistant and stand-offish when my parents try helping me or when they ask something of me?*
- *Do I think my parents are stupid and just don't get me or understand what I am going through?*
- *Am I ungrateful towards my parents and family?*
- *Do I feel as if I am better than everyone around me?*
- *Do I respect my parents and those people who stand in their place: doctors, teachers, coaches, etc...?*
- *Have I injured a relationship with my anger, jealousy, pride, gossip, or slander?*
- *Have I had an abortion or encouraged or assisted others to have one?*
- *Have I physically harmed another person with malicious intent?*
- *Have I destroyed or vandalized another person's property or did not speak up when other did so?*
- *Have I stolen another person's property, pens, paper, books, money, credit card, etc, including illegally downloading music?*
- *Have I borrowed something without returning it?*
- *Have I been impure with myself or others by participating in premarital sex, masturbation, oral sex, watching pornography, or touching inappropriately?*
- *Have I lusted after other people or things?*
- *Have I used others or have allowed others to use me?*
- *Have I allowed impure thoughts to entertain me?*
- *Do I take care of my body by allowing enough sleep, exercise and food?*
- *Do I abuse my body with illegal drugs, getting drunk, drinking underage, smoking, overeating, under-eating, not exercising, or exercising too much?*
- *Am I overly concerned with my physical appearance and what I think others think about me?*
- *Do I waste time by spending too much time on unproductive activities?*
- *Do I have a tendency to be lazy?*
- *Have I cheated on tests or copied a friend's homework and claimed it as my own?*
- *Have I failed to be generous with what God has given me?*
- *Have I forced peer pressure upon others or have given into peer pressure?*

- *Do I try to build up my family, friends, and neighbors or am I more concerned with tearing them down with their own faults?*
- *Am I over critical of others and myself?*
- *Have I lied since my last confession?*
- *Have I broken promises deliberately?*
- *Do I gossip about others or fail to speak up when my friends gossip?*
- *Do I make the false presumption by sinning and think 'God must forgive me'?*
- *Do I believe the lie that God won't forgive me for what I have done or failed to do?*
- *Do I get jealous of others' success?*
- *Am I envious or saddened when something good happens to others, especially those I don't like?*
- *Am I selfish and only care about my own wants and needs?*
- *Am I not satisfied or unhappy with what I have and have been given?*
- *Do I use what I have been given appropriately, or do I misuse what I have been given (i.e. texting during class, Mass, or family functions)?*
- *Have I tried to make myself a better Christian and better person?*

Going to Confession:

Bless me father for I have sinned. My last Confession was_____

These are my sins_____ (when finishing it is good to include "*and for all the sins I cannot remember.*")

(After the priest gives the penance, recite an Act of Contrition out loud)

This is one of several good versions: *Oh my God I am heartily sorry for having offended thee, not only because I dread the loss of Heaven and the pains of Hell, but most of all because these sins have offended thee my God who are 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 avoid the nearest occasion of sin. Amen.*

(When the priest says the words of absolution, "*I now absolve you from all your sins, in the name of the Father and of the Son and of the Holy Spirit,*" make the sign of the cross).