

Steps to a Good Confession:

1. Admit your sins
2. Be Sorry
3. Decide not to do that sin again
4. Tell your sins to a priest
5. Do the penance the priest gives you
6. You are Forgiven!

Examination of Conscience for children and teens (have I sinned?)

These are some starting points to think about sins we may commit and what to ask forgiveness for:

- Have I prayed every day?
- Have I prayed with my parents and family?
- Have I avoided being moody and rebellious about praying and going to church on Sunday?
- Have I asked the Holy Spirit to help me do what is right?
- Have I been obedient to my parents?
- Have I avoided lying or being deceitful to parents or others?
- Have I avoided being arrogant, stubborn or rebellious?
- Have I avoided talking back to parents, teachers or other adults?
- Have I avoided being selfish toward my parents, brothers, sisters, teachers, friends or others?
- Have I avoided holding grudges and not forgiving others?
- Have I treated other children with respect, avoided making fun of them or calling them names?
- Have I been helpful to my family?
- Have I been kind and generous with others?

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.**