

Make the sign of the cross

Bless me father for I have sinned.

State age and time since last confession _____

State number and type of each sin. If you don't know the exact number you can say MANY (M) or FEW (F) times.

TIMES	SIN	COMMANDMENT	CAPITAL SIN
	NOT donate to God	1. I am the LORD your God: you shall not have strange Gods before me.	
	Forget to pray		
	Don't want to pray		
	Bad confession		
	Use God's name badly	2. You shall not take the name of the LORD your God in vain.	
	Bad in church	3. Remember to keep holy the LORD'S Day.	
	Talk back	4. Honor your father and your mother.	
	Disobey		
	Fighting	5. You shall not kill.	Anger
	Hitting		
	Tell faults		
	Tell secrets		
	Say mean things		
		6. You shall not commit adultery.	Lust
	Steal	7. You shall not steal.	Covetous
	Use things without asking		
	Not keep promises		

	Lie	8. You shall not bear false witness against your neighbor.	
	Not tell parents		
	Look at immodest things	9. You shall not covet your neighbor's wife. 10. You shall not covet your neighbor's goods.	Lust
	Greedy		Covetous
	Envy		Envy
	NOT forgive		Pride
	Dress immodest		
	Brag		
	Selfish		Covetousness
	Eat too much		Gluttony
	Lazy at chores		Sloth
	Lazy at schoolwork		
	Mad at others	Anger	

When you're done tell the priest,

"Those are the sins I remember and I am sorry for them and all of my sins."

Act of Contrition

Oh my God. I am heartily sorry for offending Thee. I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to go forth and sin no more and to avoid the near occasion of sin. Amen.

After the priest gives you absolution, thank him for hearing your confession.