

9. You shall not covet your neighbor's wife.
- Have I failed to cast out inappropriate thoughts of others?
10. You shall not covet your neighbor's goods.
- Have I been greedy or selfish about things, such as treats or clothes?

Family Member

- Have I fulfilled my duties to my family?
- Do I work to make home life better for others?

Student

- *Have I performed my schoolwork diligently?*
- *Am I grateful for the educational opportunities given to me?*
- Have I deliberately failed to do something my teacher asked me to do?
- Have I talked disrespectfully to my teacher?
- *Have I strived to follow the rules set down by my teachers?*

Employee

- *Have I worked hard for my pay?*
- Have I taken advantage of my employer?

Friend

- *Have I set a good example for my friends?*
- *Have I told my parents when I discovered that a friend may be involved in harmful behavior?*

Soldier of Christ (Confirmed Teens)

- *Have I set a good example as a Christian?*
- *Have I looked for opportunities to encourage Catholics in their faith?*
- *Have I looked for opportunities to share my faith with non-Catholics?*

Receiving the Sacrament of Reconciliation

Make the Sign of the Cross

Say, "Bless me father, for I have sinned. I am (AGE) and it has been (HOW LONG) since my last confession.

State number and type of each sin. If you don't know the exact number of times that you committed a particular sin you should indicate approximately how many times.

When you're done tell the priest,

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

At the priest's request say an act of contrition, such as...

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.

Examination of Conscience

...for teens



This brochure provides an examination of conscience for teens still in the care of their parents, serious about their faith, and striving to reach holiness in their current state.

Preparing for Confession

Begin your preparation for Confession with prayer. Ask God to help you to

- have true sorrow for your sins, chiefly because they offend God
- make a good examination of conscience so that you will know your chief sins, the number of times that you committed them, and any circumstances affecting their severity
- make a firm resolve to sin no more

Consider asking your guardian angel and patron saints to intercede to God that you make a good confession.

Examination of Conscience

The examination questions are grouped under the various roles that you may have and may help give you a better perspective on how well you are fulfilling those roles. Review the questions noting the number of times you have committed each sin since your last confession. *Good actions are in italics.*

Ten Commandments

1. I am the LORD your God: you shall not have strange Gods before me.
 - Have I hidden any doubts about the faith from my parents?
 - *Have I worked hard to correct any recurring vices or bad habits?*
 - Have I been inattentive in prayer?
 - *Have I set a good example for others in how I pray?*
 - *Have I made a sincere effort to grow in knowledge of my faith?*
 - Have I indulged excessively in some pleasures, such as eating,

video games, or television? Have I wasted time excessively?

2. You shall not take the name of the LORD your God in vain.
 - Have I mentioned God, the saints, or the leaders of our church in a disrespectful way?
3. Remember to keep holy the LORD'S Day.
 - Have I delayed the family in going to church, causing an unnecessary distraction and adding to the stress of my parents?
 - Have I been inattentive in the Mass, either deliberately or though not deliberate without making an effort to improve?
 - Has my participation in the liturgy set a bad example for others...less than reverent postures, less than reverent responses?
4. Honor your father and your mother.
 - Have I deliberately failed to do something my parents asked me to do?
 - Have I talked disrespectfully to my parents?
 - *Have I tried to help my parents?*
 - *Do I pray regularly for my parents?*
 - *Have I encouraged my siblings (by word or example) to better honor our parents?*
 - Have I hidden things from my parents that they expect to know?
 - *Have I strived to follow the rules set down by my parents?*
5. You shall not kill.
 - Have I tried to harm someone?
 - Have I said things that could make another person unhappy without serious cause?
 - Have I taken pleasure in someone else's misfortune?
 - Have I acted badly because of anger?
6. You shall not commit adultery.
 - Have I failed to avoid looking at immodest people or images, threatening my purity?
 - *Have I cooperated with my parents' modesty rules?*
 - *Did I behave as a gentleman or lady to members of the opposite sex?*
7. You shall not steal.
 - Have I treated other people's property without care?
 - Have I used other people's things without permission or in a way that was not allowed?
 - *Did I clean up after myself (such as after eating a snack)?*
 - *Did I put my things away when through?*
 - *Did I keep my promises and commitments to others?*
8. You shall not bear false witness against your neighbor.
 - Have I lied or mislead?
 - Have I said things that damaged another person's reputation without important cause?
 - If I pointed out another person's fault with sufficient cause did I derive any pleasure from the harm that came to the person?
 - Have I failed to quickly forgive others?