

# Examination of Conscience For Teenagers

- † Have I prayed each day?
- † Have I tried to learn more about my faith?
- † Have I seriously doubted my faith?
- † Have I used crude or inappropriate language?
- † Have I taken the Lord's name in vain?
- † Have I missed Mass on Sunday or a Holy Day of obligation without a serious reason?
- † Have I done unnecessary work on Sunday?
- † Have I been disrespectful to my parents?
- † Have I insulted someone?
- † Have I cared for my body in a balanced way?
- † Have I consumed alcohol or used illicit drugs?
- † Have I been excessive in eating or drinking?
- † Have I purposely entertained impure thoughts?
- † Have I treated my body and other people's bodies with purity and respect?
- † Have I engaged in sexual activity reserved for marriage?
- † Have I viewed pornography or encouraged others to do so?
- † Have I dressed immodestly to attract attention?
- † Have I watched movies, listened to music or jokes harmful to purity?
- † Have I stolen or damaged another's property?
- † Have I violated copyrights (e.g., music)?
- † Have I told a lie or lies?
- † Have I cheated on or been lazy with my schoolwork?
- † Have I judged others rashly? † Have I gossiped about someone?
- † Have I unnecessarily shared the faults of others that damaged their reputation?
- † Have I been jealous of others, of their personal qualities, success, material possessions or relationships?
- † Have I shared my time and energy with the Church and with those in need?

## How to Go to Confession

After taking some quiet time to think and pray over the Commandments, here is what will happen:

1. The priest will begin with the Sign of the Cross.
2. Begin by saying, **"Bless me Father for I have sinned, it has been (number of days, weeks, months, etc.) since my last confession. These are my sins."**
3. Confess all venial sins for which you desire forgiveness. All mortal sins since your last confession must be confessed.
4. At the end of your confession, say these or similar words, **"For these and all the sins of my life I am sorry."**
5. The priest may ask for clarification or provide counsel.
6. The priest will give you a penance.
7. Make an Act of Contrition in these or similar words: **"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."**
8. The penitent receives absolution.
9. Thank the priest, leave the confessional, and say or do the penance as soon as possible.

