

**7. You shall not steal, and****10. You shall not covet your neighbor's goods.**

- \_\_\_ Have I seriously considered stealing?
- \_\_\_ Have I stolen anything? What was it worth? Have I returned the stolen item or intend to return it?
- \_\_\_ Have I tried to seek the rightful owner of property that I have found?
- \_\_\_ Have I damaged or been responsible for the damage of another person's property? What would be the cost of repairing or replacing it?
- \_\_\_ Have I caused harm to anyone's job or business by fraud or deception?
- \_\_\_ Have I been irresponsible with the money or possessions which God has entrusted to me?
- \_\_\_ Have I been envious of the wealth or material goods of another person?
- \_\_\_ Have I honored my debts?
- \_\_\_ Have I been lazy with respect to my employment, household chores, work, or studies?
- \_\_\_ Have I been greedy?
- \_\_\_ Have I placed too high a value on material goods?
- \_\_\_ Have I failed to do my part to help those whom I know are truly needy?
- \_\_\_ Have I set my heart primarily on earthly pleasures and possessions, and not on the true treasures of Heaven?

**8. You shall not lie.**

- \_\_\_ Have I lied?
- \_\_\_ Have I tried to repair any damage caused by my lies?
- \_\_\_ Have I accused or hastily judged others of wrongdoing without sufficient evidence?
- \_\_\_ Have I unnecessarily talked about others' faults?
- \_\_\_ Have I falsely accused someone of wrongdoing (calumny)?
- \_\_\_ Have I gossiped about another person?
- \_\_\_ Have I been excessively critical, negative, and uncharitable in my speech?
- \_\_\_ Have I failed to honor the confidences or secrets entrusted to me by another? Have I revealed them to someone else without permission or without due or serious cause?
- \_\_\_ Have I failed to defend the good name or honor of others?

**Steps to a Make Good Confession**

1. Carefully examine your conscience.
2. Be sincerely sorry for your sins.
3. Make a firm resolution not to sin again and to avoid the near occasions of sin.
4. Tell your sins to the priest. All unconfessed mortal sins, of which you are aware, must be confessed by kind and number as best you can.
5. Say an Act of Contrition when asked to do so.
6. Receive absolution.
7. Do the penance the priest gives you.

**Suggested Dialogue**

*The priest greets the penitent.*

**Priest:** May the Lord who enlightens every heart, help you to know your sins, and to trust in his mercy.

**Penitent:** Bless me Father, for I have sinned. It has been \_\_\_\_\_ since my last confession.

*Here state your sins. Priest gives counsel and penance.*

**Penitent says Act of Contrition when asked to:**

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. Amen.

*Receive absolution.*

**Priest:** Give thanks to the Lord for he is good.

**Penitent:** His mercy endures forever.

## The Celebration of the Sacrament of Penance and Reconciliation

For High School  
Ages 14 - 18



*"To those who have been far away from the Sacrament of Reconciliation and forgiving love I make this appeal: come back to this source of grace; do not be afraid! Christ is waiting for you. He will heal you and you will be at peace with God!"*

Saint John Paul II

*"Because I kept silent, my bones wasted away;*

*I groaned all day long... Then I declared my sin to you; my guilt I did not hide. I said, 'I confess my transgression to the LORD,' and you took away the guilt of my sin."* Psalm 32: 1, 3-5

"Confession to a priest is an essential part of the sacrament of Penance: 'All mortal sins of which penitents after a diligent self-examination are conscious must be recounted by them in confession, even if they are most secret...' those who fail to do so and knowingly withhold some, place nothing before the divine goodness for remission through the mediation of the priest, 'for if the sick person is too ashamed to show his wound to the doctor, the medicine cannot heal what it does not know.'" CCC, 1456

*"If we say, 'We are without sin,' we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing."* 1 John 1: 8,9

### 1. You shall not have other gods before Me.

- \_\_\_ Have I failed to place God first in my life?
- \_\_\_ Have I neglected to pray every day?
- \_\_\_ Have I received Holy Communion in the state of mortal sin or neglected to prepare myself properly to receive Holy Communion?
- \_\_\_ Have I withheld the confession of a mortal sin in a previous confession that I was aware of at the time?
- \_\_\_ Have I practiced superstition or engaged in occult practices, such as consulting horoscopes, tarot cards, Ouija boards, séances or satanic rituals?
- \_\_\_ Do I seek to nourish and protect my Catholic faith?
- \_\_\_ Have I refused to accept any teaching of the Church?
- \_\_\_ Have I gone against God's will by reading, watching, or listening to material that goes against the beliefs of the Catholic Church?
- \_\_\_ Have I participated in a non-Catholic worship service in a manner contrary to Catholic faith (for example: receiving communion or professing different beliefs)?
- \_\_\_ Have I presumed on God's mercy, acting as if it is not necessary for me to turn away from serious sin in order to be saved?
- \_\_\_ Have I given in to the sin of despair, abandoning my hope in God's love and the promise of salvation for all those who turn to God with a sincere heart?

### 2. You shall not take the Name of the Lord Your God in vain.

- \_\_\_ Have I taken God's Name in vain, or in anger?
- \_\_\_ Have I been irreverent or disrespectful toward God?
- \_\_\_ Have I spoken about or treated any sacred person, place or thing, with irreverence or disrespect?
- \_\_\_ Have I been a baptismal or confirmation sponsor in a non-Catholic ceremony?
- \_\_\_ Have I broken any promise or oath in which I had invoked God's Name?

### 3. Remember to keep holy the Lord's Day.

- \_\_\_ Have I failed to attend Mass on Sundays or holy days of obligation without a good reason?
- \_\_\_ Have I arrived at Mass after the Liturgy of the Word or left Mass early, without good reason?
- \_\_\_ Have I deliberately failed to pay attention at Mass?

- \_\_\_ Have I distracted others from paying attention at Mass, or worn improper attire to Mass?
- \_\_\_ Am I generous in helping the Church, contributing some of my allowance or earnings at collection time to help the Church and the poor?
- \_\_\_ Do I fast (age 18 to 59) and abstain from meat (age 14+) on the days appointed by the Church?
- \_\_\_ Have I fulfilled my yearly Easter duty of receiving Holy Communion (going to Confession, if needed)?
- \_\_\_ Have I worked (or made others work) on Sunday when I didn't need to?

### 4. Honor your father and your mother.

- \_\_\_ Have I disobeyed my parents, or been disrespectful?
- \_\_\_ Have I failed to express my love for my parents?
- \_\_\_ Have I failed to help my parents when they needed my help?
- \_\_\_ Do I perform without complaining, the chores my parents give me to do?
- \_\_\_ Do I nurse angry feelings or show resentment when I am corrected by my parents?
- \_\_\_ Am I content with the blessings I have received from God in my parents and family, or do I nurture a selfish or an unwholesome desire to leave my parents' home when I am too young to do so?
- \_\_\_ Do I perform my civic duties (voting, if age 18)?

### 5. You shall not kill.

- \_\_\_ Have I harmed anyone by my speech or actions?
- \_\_\_ Have I wished harm or revenge on anyone?
- \_\_\_ Have I lost my temper or become unjustly angry?
- \_\_\_ Have I gotten drunk or intoxicated on alcohol or other substances?
- \_\_\_ Have I intentionally overindulged in food (gluttony)?
- \_\_\_ Have I failed to take proper care of my health or caused harm to myself?
- \_\_\_ Have I attempted or entertained thoughts of suicide?
- \_\_\_ Have I recommended, consented to, advised, or actively taken part in an abortion? (Abortion is a mortal sin which incurs automatic excommunication for those who actively take part. Confession and sacramental absolution is required to lift this excommunication.)
- \_\_\_ Have I used contraception or encouraged others to?
- \_\_\_ Have I encouraged others to sin by my own sinful behaviors or conversation?

- \_\_\_ Have I endangered lives by reckless driving, driving under the influence of alcohol, or while texting?
- \_\_\_ Have I picked fights with or quarreled with anyone, including my brothers and sisters?
- \_\_\_ Have I bullied, maliciously teased, or insulted others?
- \_\_\_ Have I participated in illegal gangs or violence?
- \_\_\_ Have I tried to make up for any harm I have caused others, whether physical, emotional, or spiritual?
- \_\_\_ Have I sought forgiveness of those I have offended?
- \_\_\_ Have I hated, nursed resentment, or refused to forgive anyone?

### 6. You shall not commit adultery, and 9. You shall not covet your neighbor's wife.

- \_\_\_ Have I deliberately entertained impure thoughts?
- \_\_\_ Have I been involved in acts which arouse lustful desires (such as passionate kissing or touching)?
- \_\_\_ Have I had sexual relations with another person?
- \_\_\_ Have I engaged in impure conversations?
- \_\_\_ Have I placed myself in position where I might be tempted to sin, such as sensual dancing; sexually suggestive movies, plays, or reading material; immoral establishments; sharing a room with a member of the opposite sex; being alone with a person with whom I have continually sinned with?
- \_\_\_ Have I neglected to dress modestly?
- \_\_\_ Have I willfully looked at immodest pictures?
- \_\_\_ Have I displayed immodest looks or glances at others?
- \_\_\_ Have I sought to understand the Church's teaching on sexual morality? Have I made fun of this teaching?
- \_\_\_ Have I led others to commit sins of immodesty or impurity?
- \_\_\_ Have I committed impure acts with myself (masturbation)?
- \_\_\_ Have I committed impure acts with someone else, either of the opposite sex or the same sex (homosexual acts)?
- \_\_\_ Do I have bad or immoral friendships? Have I taken steps to break these friendships?
- \_\_\_ Have I used anyone as an object for my pleasure, rather than a person created in God's image and likeness whom God has placed in my life to respect?