

___ Have I thanked God for His countless blessings, and taken good care of my things? (e.g., keeping my room neat and taken care of my clothes, books, desk, toys, games, bicycle, etc.)

___ Do I willingly share with others?

___ Have I wished for or pressured my parents to purchase things which I do not really need?

The Great Commandment: “Love others, as I have loved you” (John 15:12).

___ Have I done my best to love everyone in my family? my friends? my enemies? strangers?

___ Is there anyone I have not loved the way Jesus wants me to love?

___ Have I forgiven others as I ask Jesus to forgive my sins?

Steps to a 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 occasion of sin.
4. Tell your sins to the priest and receive absolution.
5. Do the penance the priest gives you.

Suggested Dialogue:

Priest: May the Lord be on your heart, on your mind, and on your lips so that you may know your sins, and confess them with true repentance and a firm purpose of amendment.

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 makes Act of Contrition:

Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.

Receive absolution and then respond “Thanks be to God.”

The Celebration of the Sacrament of Penance and Reconciliation



“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!”

—John Paul II, September 13, 1987

Up to Age 10



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1. You shall not have other gods before Me.

- Do I always put Jesus first?
- Have I tried to do my best for Jesus, even when I've had to do things that I didn't want to do?
- Have I paid attention and been reverent during Mass and prayers?
- Have I spoken unnecessarily or misbehaved in church?
- Have I thought of Jesus during the day?

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

- Have I used God's Name with love?
- Have I used bad words?
- Have I poked fun at or laughed at religious or holy things?
- Have I always showed reverence towards sacred persons, places, and things? (e.g., the Pope, bishops, priests, nuns and brothers; chapels and churches; crucifix, statues, picture of saints, Rosary, etc.)

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

- Have I helped my parents to get to Mass on Sundays and Holy Days of Obligation on time?
- Do I try to remember that Jesus died on the Cross for me and gives Himself to me at every Mass?
- Do I dress nicely for Mass?
- If I receive an allowance or receive money as a gift, do I give back part of it to God at collection time, showing my thanks to God?

Do I help my family to make Sunday a special day for Jesus?

4. Honor your father and your mother.

- Have I helped and obeyed my parents, my teachers, my elders, and all those who take care of me?
- Have I done my work cheerfully and well?
- Have I studied and completed my school assignments as well as I am able to?
- Have I talked back to my parents?
- Have I prayed for my parents?
- Have I been polite to other people, especially to my elders and to my family?

5. You shall not kill.

- Have I been unkind to anyone?
- Have I been unwilling or slow to forgive anyone who may have hurt me?
- Have I taken good care of myself?
- Have I eaten food which will make my body healthy?
- Have I gotten enough exercise?
- Have I gone to sleep on time?
- Have I gotten up on time?
- Have I done anything that might have hurt me or someone else?
- Have I teased my brothers, sisters or friends in a mean way to upset them?
- Have I been mean to animals, littered, or been disrespectful towards the beauty of God's creation?

6. You shall not commit adultery.

- Have I kept my mind, heart, and body pure, as the temple of the Holy Spirit in my soul?
- Have I made any sacrifices for Jesus?
- Have I complained about the weather, food, or anything else?
- Have I wasted my time watching too much TV, or watching bad TV shows or movies?
- Have I looked at bad books or magazines, listened to or told bad jokes or stories?

7. You shall not steal.

- Have I stolen anything?
- Have I taken someone else's things without asking?
- Have I returned the things I borrowed?
- Have I ruined someone else's things?

8. You shall not lie.

- Have I told lies?
- Have I cheated in games or on my school tests?
- Have I broken a promise?
- Have I hurt someone else's feelings or their good name by something I said?

9. You shall not covet your neighbor's wife.

- Have I tried to think only good thoughts which help me love God and all my neighbors?

10. You shall not covet your neighbor's goods.

- Have I been grateful to God for what I have?