

___ 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?