

Confession Guide for Teenagers (13 – 19)

How to go to confession:

- Go into the confessional and make the Sign of the Cross
- Say: **Bless me Father for I have sinned it has been _____ weeks/months/years since my last confession. These are my sins.**
- Then simply say each sin and how often you committed the sin. If you know the exact number, say that or simply say, “sometimes, often, rarely” or something like that.
 - o For instance: **I lied 3 times** or **I lied a few times** or **I lied often**

Do not give all the details or a description of the sin and do not give the story behind the sin, simply and humbly name the sin and how often you committed it. And do not blame others or tell their sins or failings. This is for you to confess your sins not the sins of others. The best attitude is simplicity, humility and honesty in confessing our sins.

Before going into the confessional, be sure to examine your conscience. You can use the questions below to help you.

Examination of Conscience for Teenagers (13-20)

First Commandment (“*I am the Lord your God. ... You shall have no other gods before me.*”)

- Do I put other things, activities, or people before God?
- Have I spent time with God each day in prayer?
- Do I accept all of God’s teaching or just the parts I find convenient? Have I practiced or engaged in occult practices, such as consulting horoscopes, tarot cards, fortune telling, reiki, “Ouija” boards, or other pagan and occult practices?
- Have I denied my faith in any way?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?
- Have I ever received Holy Communion in the state of mortal sin?

Second Commandment (“*You shall not take the name of the Lord your God in vain.*”)

- Do I always show respect and reverence for God’s name?
- Have I used God’s name as a curse, out of anger, or in a careless way?
- Have I irreverently spoken about God or about any sacred person, place, or thing?
- Have I done my best to fulfill any promises in which I invoked God’s name (oaths)?

Third Commandment (“*Remember the Sabbath day, to keep it holy.*”)

- Have I deliberately missed Mass on a Sunday or holy day of obligation without just cause (for example, a serious illness)?
- Do I actively and fully participate at Mass?
- Have I failed to dress modestly and appropriately when attending Church?
- Have I carelessly arrived late or left early from Mass without a serious reason?
- Have I kept the Eucharistic fast before Mass (i.e., no food or drink—except water—for one hour before receiving Holy Communion)?
- Have I failed to fast or abstain from meat on a day prescribed by the Church?
- Have I observed Sunday as a family day and a day of rest from work?

Fourth Commandment (“*Honor your father and your mother.*”)

- Have I failed to show love and respect to my parents?
- Have I lied to, deceived, or disobeyed them?
- Have I gotten angry, talked back, or used profanity at them?
- Have I failed to be grateful for the sacrifices they have made for my family?
- Have I fulfilled all the duties and responsibilities I have toward my parents and family?
- Have I been critical of them to others?
- Do I respect and obey others who have a legitimate role of authority (like my teachers) in my life?

Fifth Commandment (“*You shall not kill.*”)

- Have I killed or harmed someone physically, mentally, or verbally?
- Am I harming myself (and setting a bad example for others) by taking drugs or abusing alcohol?
- Have I harmed someone through insults or bullying?
- Have I mutilated or harmed my body?
- Have I tried to commit suicide?
- Did I have an abortion?
- Have I encouraged, helped, or in any way participated in someone else’s abortion?
- Do I support causes or organizations which promote the killing of the child in the womb?
- Have I easily lost my temper or shown anger toward someone?
- Have I fostered a grudge or failed to forgive someone?

Sixth and Ninth Commandments (“*You shall not commit adultery.*” “*You shall not covet your neighbor’s wife.*”)

- Do I treat the body as a temple of the Holy Spirit, respecting the sexual dignity of others and myself?
- Have I willfully engaged in impure thoughts or desires?

- Have I looked at impure or immodest images?
- Have I watched impure TV shows or movies?
- Have I committed impure acts alone and/or with another person?
- Have I dressed or acted immodestly, possibly leading others to sin?
- Have I practiced any form of contraception or do I promote the use of contraception?
- Have I told or listened to impure jokes?

Seventh and Tenth Commandments (“*You shall not steal.*” “*You shall not covet your neighbor’s house.*”)

- Have I stolen anything or helped or encouraged anyone else to steal?
- If I have stolen something, have I made restitution to its owner?
- Have I damaged another’s property without acknowledging and making restitution?
- Have I been greedy or overly attached to the things of the world?
- Have I carelessly wasted time at home, at school, or at work?
- Have I failed to help others—especially the poor—by neglecting to share what I have?
- Have I honored my debts?

Eighth Commandment (“*You shall not bear false witness against your neighbor.*”)

- Have I lied?
- Have I revealed the faults of others without just cause?
- Have I gossiped about others?
- Have I failed to honor a confidence or secret entrusted to me?
- Have I damaged another’s reputation through lies or accusations?
- Have I failed to defend someone’s good name?

At the end of confession, the priest will give you a penance (some action to do or prayer to say).

Then you say the act of contrition:

O my God, I am heartily sorry for having offended Thee and I detest all of my sins because of Thy just punishments, but most of all because they have offended Thee my God who are all good and deserving of all of my love. I firmly resolve with the help of your grace to confess my sins, do penance and amend my life. Amen.

Then the priest will say the prayer of absolution. When he says, “I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit.” You make the sign of the cross.

*The priest then says, “Go in peace, your sins are forgiven.” You respond, **Thanks be to God.***