

Confession Guide for Students

1st Step: EXAMINATION OF CONSCIENCE

Did I pay attention at Mass? Did I say my prayers every day?
Was I respectful to my mom or dad? Did I do what my mom and dad told me to do?
Was I lazy around the house? Did I do my chores?
Have I started fights with my brothers and sisters at home?
Did I behave in school? Did I do what my teachers asked me to do?
Was I lazy about my schoolwork?
Did I fail to do my homework? Did I cheat in school?
Did I hurt others people's feelings by calling them bad names?
Have I blamed other people for things I do? Did I get other people into trouble?
Do I hit people when I get mad?
Have I forgiven people? Or am I holding a grudge?
Have I cheated or been unfair in games?
Did I refuse to play with someone for no good reason?
Did I lie to my parents? My teachers? My friends?
Did I take anything that didn't belong to me?

2nd Step: GO TO CONFESSION

1. You always have the option to go to confession anonymously, that is, behind a screen or face to face, if you so desire. We tend to go face to face with the priests during school hours.
2. After entering the confessional, the priest greets you in the name of Christ, you make the sign of the cross and say: "Bless me Father for I have sinned. It has been _____ long (tell how long) since my last confession. These are my sins."
3. Tell your sins simply and honestly to the priest. When you are done, say: "For all my sins, I'm truly sorry."
4. Listen to the advice the priest gives you and accept the penance from him. Then say your *Act of Contrition*. **It may be the one below, or it may be a different version. Any prayer of sorrow is fine.**

AN ACT OF CONTRITION: Oh my God, I am heartily sorry for having offended thee. And I detest all my sins because of thy just punishment. But most of all, because they offend thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more, and to avoid the near occasion of sin. Amen.

5. The priest will then raise hand and say the absolution -"I absolve you of your sins in the name of the Father, the Son, and the Holy Spirit." (Make the Sign of the Cross) He will then dismiss you, saying something to the effect of "Go in peace to love and serve the Lord." Reply, "Thanks be to God," give the priest a smile, and exit the confessional.

3rd Step: PENANCE

1. Spend some time with Our Lord thanking and praising Him for the gift of His mercy. Try to perform your penance as soon as possible.