

\_\_\_ Did I return things I have borrowed or stolen?

\_\_\_ Have I seriously entertained temptations to steal?

\_\_\_ Have I been greedy?

**8. You shall not lie.**

\_\_\_ Did I tell the truth?

\_\_\_ Have I lied?

\_\_\_ Did I say things about other people that are not true?

\_\_\_ Did I cheat in class or in games?

\_\_\_ Have I gossiped about another person?

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

\_\_\_ Do I think mostly about myself and what I want?

\_\_\_ How often do I think about other people and what they would like?

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

\_\_\_ Do I thank God for the things that He has given me?

\_\_\_ Do I thank my parents and relatives for the things they have given me?

\_\_\_ Do I spend more time thinking about things that I want than I do talking to God?

Steps to a Good Confession:

*Be brief, be brutal, be absolved!*

1. Carefully examine your conscience.
2. Be sincerely sorry for your sins.
3. Make a firm resolution not to sin again and avoid the near occasion of sin.
4. Confess all your sins in the confessional 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 lips so that you may know your sins, confess them with 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, not only because I fear the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, Who art so 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.

*Listen to absolution and respond "Thanks be to God."*

Apostolate for Family Consecration®  
3375 County Road 36  
Bloomingdale, Ohio 43910-7903  
1-800-77-FAMILY usa@familyland.org

#327-174

## The Celebration of the Sacrament of Confession, Reconciliation, and Penance



“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

**Ages 10 - 14**



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

\_\_\_How have I acted toward God?

\_\_\_Do I think of God and speak to Him by praying to Him every day?

\_\_\_Have I made a bad confession (purposely avoiding to confess a mortal sin)?

\_\_\_Have I received Jesus in Holy Communion unworthily (with mortal sin on my soul)?

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

\_\_\_Do I speak of God with reverence?

\_\_\_Have I jokingly or irreverently spoken about God?

\_\_\_Have I tried hard to keep the promises and resolutions which I have made to God?

\_\_\_Have I spoken His Name in anger?

### **3. Remember to keep holy the Lord's day.**

\_\_\_Do I go to Mass on Sunday?

\_\_\_Do I do all I can to make Sunday a day of rest and joy for my family?

\_\_\_Do I take part in the Mass, or do I distract others by laughing, talking, or playing?

\_\_\_Have I deliberately failed to pay attention at Mass?

\_\_\_Am I generous in helping the Church, contributing some of my allowance or savings at collection time to help the Church in her necessities as much as I can?

\_\_\_Have I fulfilled my yearly Easter duty of receiving Holy Communion (and going to Confession, if necessary)?

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

\_\_\_Do I pay attention to my parents, priest, and teachers, especially when they talk to me about God?

\_\_\_Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?

\_\_\_Do I tell my parents or those in authority over me that I am sorry and ask them to forgive me when I have not minded them?

\_\_\_Have I failed to express my love for my parents?

\_\_\_Do I nurse angry feelings or show resentment when I am corrected by my parents?

\_\_\_Do I obey the rules of my home and school?

\_\_\_Do I pray every day for the help I need to be a holy child, and a holy brother or sister?

### **5. You shall not kill.**

\_\_\_Have I treated other people badly?

\_\_\_Do I help my brothers, sisters, and classmates when they need my help?

\_\_\_Am I kind to everyone?

\_\_\_Did I hurt anyone on purpose?

\_\_\_Have I fought with my brothers and sisters, or my friends?

\_\_\_Am I willing to talk or play with everyone?

\_\_\_Have I forgiven all who have hurt me, for love of Jesus?

\_\_\_Did I make fun of anyone, or put anyone down, or tease anyone to the point of upsetting them?

\_\_\_Have I hated or nursed bad feelings, resentment, or refused pardon toward any person?

\_\_\_Have I sought pardon of those whom I have offended?

\_\_\_Do I do all my class work and my chores at home well?

\_\_\_Do I take care of my health by eating the right food, getting enough sleep, and by doing other things that I know are good for me?

### **6. You shall not commit adultery.**

\_\_\_Have I kept my mind, heart, and body pure, as the dwelling, or temple, of God?

\_\_\_Have I been impure with touches (by myself or with another person)?

\_\_\_Have I been impure with words or thoughts?

\_\_\_Have I watched impure movies or television programs or listened to music that offended God?

\_\_\_Have I engaged in impure conversations? Did I begin them?

\_\_\_Have I neglected to dress modestly or to otherwise safeguard purity?

\_\_\_Have I willfully looked at immodest pictures?

\_\_\_Have I displayed immodest looks or glances at myself or others?

### **7. You shall not steal.**

\_\_\_Did I steal or keep things that are not mine?

\_\_\_Am I willing to share my things with others?