

## Celebrating the sacrament

Make the sign of the cross:

In the Name of the Father and of the Son  
and of the Holy Spirit

**Say:** Bless me Father, for I have sinned.

**Say:** It has been \_\_\_\_ weeks  
Since my last confession.  
(or this is my first confession)

**Say:** These are my sins:  
(Name the sins).

**When finished, Say:**

*For these and all the sins of my  
whole life I am truly sorry.*

**Priest:** Talks to you and he then gives  
you prayers to say in Church after  
Confession. Listen to the Penance given  
by the priest. If you have any questions  
ask him.

**You Say:** (Act of Contrition.) To express  
sorrow for your sins.

*My God, I am sorry for my sins  
with all my heart, In choosing to  
do wrong and failing to do good, I  
have sinned against you whom I  
should love above all things. I  
firmly intend, with your help, to do  
penance, to sin no more, and to  
avoid whatever leads me to sin. Our  
Savior Jesus Christ Suffered and  
died for us. In His name, my God,  
have mercy. Amen.*

**Priest:** Gives Absolution.  
(the prayer the Priest says which  
removes one's sins and you receive  
God's forgiveness).

**You say:** Thank you, Father God Bless  
You Father!

**Remember to do the  
penance (prayers, good  
works or actions the Priest  
gives you to receive grace  
and complete the  
Sacrament.)**



**St. Patrick Catholic Church**  
Miami Beach

# Student's Guide to Confession



# The Ten Commandments

## Student's Examination of Conscience

### The Two Great Commandments:

1. You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

**Note:** Do not confuse Missing Mass because your parents could not take you to Mass. You only have the obligation to ask them to take you.

The Ten Commandments were given to us by God to help us stay close to Him.

**1. I am the LORD your God; you shall not have strange Gods before me.**

1. Do I love God and all those he loves? Do I pray and thank God for all he has given me?

**2. You shall not take the name of The LORD your God in vain.**

2. Have I used God's name in a bad way? Did I use bad words?

**3. Remember – to keep holy the LORD'S Day.**

3. Do I miss Mass through my own fault? Did I laugh, talk, or play in Church?

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

4. Was I disobedient to my parents or anyone looking after me? Did I obey my teachers?

**5. You shall not kill.**

5. Was I unkind to anyone? Do I fight with my friends or brothers and sisters? Did I call anyone bad names?

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

6. Do I respect myself and others? Do I respect my body?

**7. You shall not steal.**

7. Have I taken anything that is not mine? Did I cheat on school tests?

**8. You shall not bear false witness against your neighbor.**

8. Did I talk unkindly about someone or tell a secret that I promised to keep? Did I lie?

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

9. Am I jealous of what others have?

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

10. Am I happy with what is mine and respect the property of others?