

## Celebrating the sacrament

**Begin:** In the Name of the Father and the Son and 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 and give number of times as best you can)

**When finished, say:**

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

**Priest:** Gives words of advice and suggestions. Priest gives Penance. (Prayers to be said in Church after Confession.) Listen to the Penance given by the priest. If you have any questions ask him.

Priest asks the Young Adult to say an **Act of Contrition.**

**You say:**

*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 which removes one's sins and you receive God's forgiveness).

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

**Remember to do the penance  
the Priest gives you to receive  
grace and complete the  
Sacrament.**



**St. Patrick Catholic Church**  
Miami Beach

## Young Adults Guide to Confession



Confession

# Young Adults Examination of Conscience

**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.**

1. Do I place God first in everything I do? Have I doubted or denied my Faith? Have I neglected my prayers? Morning & Night?

2. Did I curse or swear? Did I use God's name irreverently?

3. Have I missed Mass through my own fault? On Sundays? Holy Days? Was I late for Mass or did I leave early without good reason? Talked at Mass, or did not pay attention? Worked on Sunday unnecessarily? Missed going to Confession?

4. Did I honor & obey my parents? Did I fail to respect my teachers? Have I talked back? Failed to help at home?

5. Was I angry..resentful..keep hatred in my heart? Drunk or on drugs? Did I fight..give bad example or scandal? Have I been angry, greedy, proud, envious, jealous, lazy, immodest, and intemperate in eating or drinking?

Do I bully or participate in bullying others? Do I ignore or permit others to be bullied?

Do I respect life in all stages?

6. Did I consent to impure glances? Sinful touches? Passionate kisses? Was I immodest in dress or behavior? Did I read impure books or magazines? Am I guilty of impure actions with myself? Guilty of having sex before marriage? Do I avoid laziness, gluttony, idleness and the occasions of impurity?

7. Did I steal? What or how much? Did I return it or pay for what I stole? Have I caused another to commit sin? Did I waste time at school, at home? Am I stingy? Have I failed to volunteer/help in my church?

8. Have I lied, gossiped? Talked about another behind his back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept private? Am I critical, negative or uncharitable in my talk? Have I told lies or injured another person's character?

9. Have I consented to impure thoughts? Have I caused them by stares, bad reading, curiosity or impure conversations? Do I neglect to control my imagination? Do I pray at once to banish such bad thoughts and temptations?

10. Is my heart greedy? Am I jealous of what another has? Am I envious of him because I don't have it? Am I moody? Gloomy? Do I work, study and keep busy to counter idle thoughts? Is my heart set on earthly possessions or on the true treasure in heaven?