

## Sacrament of Penance

### To receive the Sacrament of Penance worthily:

1. Remember your sins.
2. Be sorry for your sins.
3. Make up your mind not to sin again.
4. Confess your sins to the priest.
5. Do the penance the priest gives you.

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### In the Confessional

- Enter confessional
- Kneel
- Make the sign of the cross

Bless me, Father, for I have sinned. It has been \_\_\_\_\_ since my last confession.

- Tell all mortal sins
- Tell venial sins

I am sorry for these and all the sins of my past life.

- Listen to Father and answer any questions.
- When Father asks, say the....

### Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all 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.

### Absolution

- Leave the confessional.
- Kneel down before Our Lord in the Most Blessed Sacrament and say thank-you.
- Say the penance Father asked of you.

## Examination of Conscience

- Did I misbehave in Church?
- Did I think of other things when I should have been praying?
- Did I use the name of God without showing reverence to God?
- Did I disobey my parents?
- Did I talk back to my parents?
- Did I give right-away obedience?
- Was I mean?
- Did I make fun of anyone?
- Did I fight with anyone?
- Did I hate anyone or anything beside sin?
- Did I do anything mean to anyone or wish someone harm?
- Did I say mean things about anyone?
- Did I listen to someone say mean things about someone else?
- Did I do anything impure?
- Did I steal anything or keep anything that wasn't mine?
- Was I careless with something that belonged to someone else?
- Did I tell a lie?
- Is there anything else bad I did at home? At church? When I was playing?

### The 10 Commandments

1. I am the Lord thy God, thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill
6. Thou shalt not commit adultery.
7. Thou shalt not steal
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbors wife.
10. Thou shalt not covet thy neighbors goods.