

## **Need Help Making a Good Confession? Guidelines for Teens**

Going to the Sacrament of Reconciliation (Confession) is not difficult, but it does require preparation.

You begin with prayer, placing yourself in the presence of God, our loving Father. You want to find healing and forgiveness through being repentant (sorry for your sins) and by firmly resolving to sin no more.

Review your life since your last confession, searching your thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an 'examination of conscience.'

### **My relationship with God**

How do I pray?

- Out of need
- Out of desire for personal gain
- Out of my personal relationship and respect for God
- I don't pray

How do I attend Mass?

- Bitterly because I feel I have to
- Only when it fits my schedule
- I go regularly, joining in, and respecting the Eucharist
- I don't attend Mass

How do I use God's name?

- To express anger
- Carelessly
- Out of respect and love

How do I treat God's creation?

- I respect other people equally regardless of race, religion, or economic status
- I respect all human life from conception to natural death
- I'm wasteful with the earth's resources, such as water

### **My relationship towards other people**

How do I treat family?

- I help when they are in need, even when it is not convenient for me
- I truthfully tell my parents where I am going and with whom I am hanging out

- I fight with or ignore family members and make no effort to make peace with them or ask for forgiveness
- I forgive them when I feel they've hurt me

How do I treat other people's sexuality?

- I use crude language and jokes
- I use people (in person, or in media) for my own physical pleasure
- I see sex as a precious gift from God and plan to save it for my future spouse

How do I treat my teachers?

- I do my homework the best I can
- I am disruptive in class
- I do all my work and show respect

How do I treat people that I don't know?

- I cheat or lie to get what I need
- I am kind and courteous
- I don't care because I'll never see them again
- I share what I have with others

How do I treat my friends?

- With love and respect
- I use them to gain popularity or gifts
- I make fun of them behind their backs, in texts, or online
- I accept and understand their differences
- I forgive them when they hurt me

### **My relationship towards myself**

How do I see myself?

- Created in the image and likeness of God
- I focus on only what I don't like about myself
- Misuse drugs, tobacco or alcohol
- Disrespect my sexuality
- I take care of my physical, emotional and spiritual well-being

How seriously do I take my education?

- Blow off my studies
- Complete my assignments
- Participate in class and school activities

How do I make choices?

- Because everyone is doing it
- It's the easiest way out of the situation
- I want to be popular
- My relationship with God tells me it's the right thing to do

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