

Need Help Making a Good Confession?

Guidelines for Young Adults

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.'

Responsibilities to God:

- Have I attended Mass every Sunday?
- Do I do my best to be attentive and participate in the celebration of the Mass?
- Do I pray every day?
- Do I read the Bible?
- Have I been rebellious toward God and his commandments?
- Have I misused the name of God by swearing and cursing?
- Do I ask for God's help to conquer sin and temptation?
- Do I ask for God's help to be more faithful to what He asks of me?
- Am I working daily to grow closer to God: Father, Son, and Holy Spirit?
- Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?
- Have I participated in anything that is of the occult: Ouija boards, fortune tellers, séances, channeling, astrology? (*This puts another 'god' before God.*)

Responsibilities to others and myself:

- Am I willing to accept the help of others, or do I think I can do everything on my own?
- Do I try to be patient, kind, gentle, and

self-controlled?

- Do I respect my parents, teachers, employers, and those in authority over me, or have I been rebellious or disobedient?
- Do I speak to them—and about them—with respect?
- Have I lied to or deceived my parents or others?
- Have I been arrogant, prideful, or stubborn?
- Am I thankful for the good things that others have, or do I get jealous or spiteful when I don't have the same things?
- Have I refused to forgive others?
- Do I treat my body and that of others with respect, or have I looked at others with lust, entertaining sexual fantasies?
- Do I look at pornography online, in movies, or in other media?
- In romantic relationships, do I try to protect my purity and that of the other?
- Do I try to push the boundaries of what he or she wants to do?
- Am I honest with myself in my relationships with people of the opposite sex?
- Have I been jealous of others?
- Do I look, kiss, or touch out of lust or out of genuine care for the other?
- Have I had any sort of sexual relationship with another outside of the sacrament of marriage?
- Have I had an abortion or encouraged another to have one?
- Have I gossiped about others or told lies to mock or bully someone else either in person or online?
- Have I lied or cheated?
- Have I stolen anything? Have I paid it back?
- Have I been selfish or spiteful toward others?
- Have I gotten drunk or used drugs?
- When my conscience told me to do something good, did I do it or did I ignore it?

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