



TEN COMMANDMENTS

1. YOU SHALL NOT HAVE OTHER GODS BESIDE ME.
2. YOU SHALL NOT USE GOD'S NAME IN VAIN.
3. REMEMBER TO KEEP GOD'S DAY HOLY.
4. HONOR YOUR FATHER AND MOTHER.
5. YOU SHALL NOT KILL.
6. YOU SHALL NOT COMMIT ADULTERY.
7. YOU SHALL NOT STEAL.
8. YOU SHALL NOT LIE.
9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.
10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.

STEPS FOR MAKING FIRST CONFESSION

Make the Sign of the Cross.

Say:

Bless me Father for I have sinned. This is my first confession.

Quietly tell your sins to the priest.

Say:

I am sorry for all my sins.

The priest will give you some prayers to say (your penance) and ABSOLVE (wash away) your sins and tell you to say the Act of Contrition.

Leave the confessional, return to your pew, and say your penance.

Steps for the Sacrament of Confession

1. Know what my sins are.
2. Be sorry for my sins.
3. Make up my mind not to sin again.
4. Tell my sins to the priest.
5. Do the penance the priest gives me.

Remembering your sins/examination of conscience

- Did I miss Mass on purpose on a Sunday or Holy Day?
- Did I fool around in church or misbehave?
- Was I disobedient to my parents or talk back to them?
- Did I fight with someone or use angry words?
- Did I use bad words?
- Did I steal something?
- Did I tell lies?
- Was I unkind to others or tease them?

ACT OF CONTRITION

O MY God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, but most of all because they offended You, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

ACT OF CONTRITION (another form)

O MY God, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, but most of all, because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen