

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishment, but most of all because they offend You, my God, who are all good, and deserving of my love.

I firmly resolve, with the help of Your grace, to sin no more, and to avoid the near occasions of sin. Amen.



Prayer after Confession

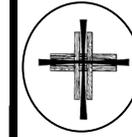
God, I feel good — fresh and renewed. I feel like a huge weight has been lifted from me. I feel closer to you than I have for a long time.

Thank you for helping me to see my sins and recognize them for what they are — obstacles to getting closer to you. Thank you for the caring priest who helped me through my confession. Thank you for forgiving my sins.

Help me now, Father, to do my penance. Help me make peace with and seek forgiveness of anyone I have wronged.

Keep my faith in you strong and help me to rely on you more as I face the sins in my life. And when I once again feel the heavy burden of sin, remind me that this sacrament of healing and forgiveness is only a quick conversation away.

Adapted from Steve Givens, Pflaum Publishing Group



**Transfiguration
Catholic
Church**

The Sacrament of Reconciliation for Teens



770-977-1442
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How to Go to Reconciliation



Prepare to go to confession by thinking about your sins and make a firm commitment, asking God's help, not to sin again.

Prayer before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, intercede for me through the Passion of your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a sinner, that I may repent from my sins, and that my heart may be forever united with yours in eternal love.

Forgive and you will be forgiven.
Luke 6:23

Rite of Reconciliation

Priest: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent: Bless me, Father, for I have sinned. It has been (*how long?*) since my last confession, and I am sorry for these and all my sins. (*Confess your sins*)

Priest: (Gives you a penance)

Penitent: (Pray the Act of Contrition)

Priest: (Gives you absolution)

Penitent: (Go to chapel and pray or do penance as soon as possible.)



Examination of Conscience for Teens

The Lord says, "Love the Lord your God with your whole heart."

Do I keep God in mind and put Him first, or do I sometimes give priority to other things: money, image, looks, popularity?

Do I worship God carefully and regularly?

Do I attend Mass weekly?

Do I actively participate in Mass by praying and singing and paying attention?

Do I consistently arrive late for Mass and leave early?

The Lord says, "Love one another as I have loved you."

Do I try to be loving toward my family?

Am I fair and honest toward others? Or do I sometimes lie or take advantage of them?

Do I show others the respect they deserve?

Do I treat others as children of God, made in His image and likeness, or have I hurt them through words or actions?

Am I faithful to my promises? Can I be trusted?

Do I gossip about others? Have I damaged another's reputation by exaggeration or making up stories about them?

Scripture says, "You are a temple of the Holy Spirit."

Have I cheated at work or school? Have I encouraged others to sin by pressuring them into helping me cheat?

Have I used alcohol or illegal drugs?

Have I respected my gift of sexuality by living chastely? Or have I gone further with my boyfriend or girlfriend than I knew I should? Have I been immodest in my dress or behavior? Have I pressured someone to have sex? Have I engaged in impure actions with myself or others?