

## ADULTS

***Confession is your chance to ask God for forgiveness and receive His mercy. Before you enter the confessional, take a few moments to gather your thoughts and think about what you may have done to hurt others and what you can do better as a Christian. A sincere Confession is a chance to renew your soul and open yourself to the Grace of God. The following questions are to help you reflect upon what you need mercy for.***

- Have I rejected or neglected my faith? Have I refused to defend my faith, or been embarrassed of it? Is there any aspect of my faith that I do not accept?
- Have I taken the Lord's name in vain? Have I experimented with the occult or put my trust in fortune-tellers or horoscopes? Have I shown disrespect for any holy things, places or people?
- Have I missed Mass on Sundays or Holy Days of Obligation?
- Have I received Holy Communion with a grave sin on my conscience?
- Have I received Holy Communion without proper reverence or thanksgiving?
- Have I been impatient, angry or jealous?
- Have I fostered resentments or been unwilling to forgive?
- Have I been verbally or physically violent with others?
- Have I taken part in or encouraged abortion, the destruction of human embryos, euthanasia or any other means of taking human life?
- Have I been hateful or judgemental in thoughts or deeds? Have I looked down on others?
- Have I spoken badly about others, engaging in gossip?
- Have I consumed alcohol excessively or taken drugs?
- Have I looked at pornographic videos or websites? Have I been involved in impure behaviour with myself or with someone else? Am I living with someone as if I were married when I am not?
- If I am married, do I seek to love my spouse above all else? Do I put my marriage first? My children? Am I open to welcoming new life?
- Do I let my work occupy time and energy that family and friends deserve?
- Have I been proud or selfish in my thoughts or actions? Have I neglected the poor and those in need? Have I spent money on my own personal comfort and luxury, forgetting my responsibilities to others and the Church?
- Have I told lies? Have I been honest and diligent in my work? Have I stolen or cheated anyone at work?
- Have I given in to laziness? Have I preferred physical comfort to service of others? Have I neglected the responsibility to bring others closer to God through example and word?

## TEENS

***Confession is your chance to ask God for forgiveness and receive His mercy. Before you enter the confessional, take a few moments to gather your thoughts and think about what you may have done to hurt others and what you can do better as a Christian. A sincere Confession is a chance to renew your soul and open yourself to the Grace of God. The following questions are to help you reflect upon what you need mercy for.***

- Have I rejected or neglected my faith or not bothered to find out more about it? Have I refused to defend my faith, or been embarrassed of it?
- Have I taken the Lord's name in vain? Have I experimented with the occult or put my trust in fortune-tellers or horoscopes? Have I shown disrespect for any holy things, places or people?
- Have I chosen not to attend Mass on Sundays or Holy Days of Obligation? Have I left God out by not praying?
- Have I received Holy Communion with a grave sin on my conscience? Have I received Holy Communion without proper reverence or thanksgiving?
- Have I been unhelpful at home? Have I lacked love for my parents?
- Have I been impatient, angry or jealous? Have I fostered resentments or been unwilling to forgive? Have I sulked or given in to sarcasm? Have I been hateful or judgemental in thoughts or deeds?
- Have I failed to work properly at school? Have I given in to laziness? Have I treated teachers and other adults with disrespect?
- Have I been violent or taken part in fights? Have I hurt anyone by speaking badly about them or by engaging in gossip on the internet? Have I betrayed secrets or told things simply to hurt others?
- Have I spoken in an obscene way? Have I looked at obscene magazines, websites or videos? Have I been involved in impure behaviour on my own or with someone else?
- Have I told lies to excuse myself, to hurt others or make myself look more important?
- Have I stolen anything? Have I misused or damaged the property of others?
- Have I been jealous of others, of their looks, their popularity, their good work? Do I set my heart on possessing things?
- Have I encouraged others to do wrong in any way?
- Have I consumed alcohol excessively or taken drugs?
- Have I been vain or selfish in my thoughts or actions?
- Have I preferred physical comfort to service of others? Have I neglected the responsibility to bring others closer to God through example and word?

## CHILDREN

*To help you know what to ask forgiveness for, consider some of these questions*

- Have I said my prayers?
- Have I been going to Mass on Sundays?
- Have I taken the Lord's name in vain?
- Have I messed around at Mass or in the church?
- Have I been unhelpful at home?
- Was I sometimes selfish or not loving enough to my parents and family?
- Did I obey my parents and teachers?
- Did I share my toys with others?
- Have I been impatient, angry or jealous?
- Have I been selfish or insisted on getting my own way?
- Have I been lazy at school?
- Have I done my homework as best as I could and been honest in tests?
- Have I taken part in fights?
- Have I hurt anyone by speaking badly about them?
- Have I told lies?
- Have I stolen anything? Have I broken or damaged things that belong to others?
- Have I been giving good example?
- Have I encouraged others to do wrong in any way?
- Have I been selfish in my thoughts or actions?
- Have I been jealous of others?
- Have I excluded anyone from games?
- Have I prayed for others and tried to bring them closer to God?