

Reconciliation Format for Teenagers

1. Examine your conscience
2. Be sorry for your sins
3. Decide to change
4. Come to the priest and say

**“Bless me Father for I have sinned.
My last confession was _____ weeks/months ago,
and these are my sins_____.”**

When finished say:

“Father, I am sorry for these and all my sins.”

5. The priest will give you a penance and he will ask you to say the

Act of Contrition.

6. ACT OF CONTRITION

**O my God, I am heartily sorry for having offended You,
and I detest all my sins because of your just punishments,
but most of all because they offend you, my God,
who are all good and deserving of all my love.
I firmly resolve with the help of your grace
to sin no more and to avoid the near occasion of sin. Amen,**

7. The priest prays the prayer of absolution (forgiveness) over you.
8. After giving you absolution, the priest will say, “Give thanks to the Lord for He is good” at which you respond,
“His mercy endures forever.”

The priest then concludes by saying, “Your sins are forgiven.
Go in peace.”

You respond: **“Thanks be to God.”**

9. Thank the priest and return to your pew to pray the Penance that he gave you..

An Examination of Conscience for Teenagers

These are some of the questions teenagers may ask themselves to see if they have sinned against God or others.

Do I love God as I should?

Do I remember to pray every day?

Do I thank God for all he has done for me?

Do I always say God’s name with love?

Do I show my love for God by helping others?

Do I keep Sunday holy by going to Mass?

Do I listen carefully in Mass?

Do I help with chores/responsibilities without complaining?

Do I respect and obey my parents and teachers?

Do I obey rules at school and public places?

Do I treat others with love and kindness?

Do I ever hurt others by calling them names, treating them unkindly or posting hurtful things on social media?

Do I keep pure in my thoughts, words and actions?

Do I dress modestly and avoid movies that are indecent?

Do I do my best to get along with my siblings?

Do I always tell the truth?

Do I ever make promises that I do not keep?

Do I ever cheat on tests or schoolwork?