

A Guide for Confession

for teens

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.



ARCHDIOCESE OF NEW YORK
YOUTH FAITH FORMATION

PREPARING FOR CONFESSION

Take a moment to center your heart on God and examine your life and conscience. Ask yourself, have I:

- put other things before God in my heart and life such as money, pleasure, etc.?
- neglected my relationship with Christ by not praying?
- been involved in practices that would put my faith in danger such as the occult or fortune telling?
- used God's name out of anger?
- chosen not to go to Mass even though I was able to?
- disobeyed, disrespected, or lied to my parents?
- failed to respect my teachers?
- abused alcohol or drugs?
- deliberately spread rumors about a person?
- held a grudge or refused to forgive?
- engaged in sexual activity?
- watched pornography?

- stolen?
- ignored helping the poor or those who need assistance?
- lied?
- envied another's good fortune?
- been unkind, cruel, or a bully in person, texts, or social media?

What else should I confess?

Share with God how sorry you are.

IN CONFESSION

Make the Sign of the Cross.

Say "Bless me Father, for I have sinned. My last confession was (weeks, months, years) ago."

Share your sins with the priest. If you are nervous or unsure, share that with your priest, and he will help.

Say, "I am sorry for these and all my sins."

The priest will give you a penance and guidance.

Pray the Act of Contrition aloud (on the front).

The priest, acting in the person of Christ, will absolve you from your sins.

AFTER CONFESSION

Go, pray, and rejoice in the grace of forgiveness!

Do not forget to do the penance the priest gives you. This will help you grow in your relationship with Christ and to "go and sin no more."