

How to go to confession:

1. Before going to confession, you should make a review of your life and examine your conscience.
2. After that, go into the confessional and begin your confession by saying: "Bless me, Father, for I have sinned. It has been – (state the length of time) since my last confession. These are my sins."
3. Then tell all yours sins. When you have finished, you should say: "For these and all my sins, I am truly sorry."
4. The priest will suggest something for you to do or pray after confession (called Penance), as a response to God's mercy.
5. After that, the priest will ask you to pray the Act of Contrition out loud.
6. Then wait and listen as the priest extends his hand in your direction and gives you Absolution. You respond "Amen."

Act of Contrition

O 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.



Guide for making a good confession

A brief description, including an examination of conscience.



The Parish Community of
Jesus, the Good Shepherd
United by faith, enriched by diversity
Beverly - Riverside, NJ

Examination of Conscience for children

Responsibilities to God:

Have I prayed my morning prayers and night prayers?
Have I prayed with my parents and family?
Have I been moody and rebellious about praying and going to church on Sunday?
Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others:

Have I been obedient and respectful to my parents?
Have I lied or been dishonest to them or to others?
Have I been arrogant, stubborn or rebellious?
Have I talked back to parents, teachers or other adults?
Have I pouted and been moody?
Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
Have I gotten angry at them? Have I hit anyone?
Have I held grudges or not forgiven others?
Have I treated other children with respect or have I made fun of them and called them names?
Have I used bad language?
Have I stolen anything? Have I returned it?
Have I performed my responsibilities, such as homework and household chores?
Have I been helpful and affectionate toward my family?
Have I been kind and generous with my friends?
Did I show compassion to someone who was hurt or feeling sad?

Examination of Conscience for teens and single persons

Responsibilities to God:

Have I deliberately missed Mass on Sundays?
Have I read the Bible? Have I studied the truths of our faith and allowed them to become more a part of the way I think and act?
Do I pray to God on a regular basis? Do I hold any resentments toward God or the Church? Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life?
Have I participated in parish or religious activities?

Responsibilities to others and to myself:

Have I been rebellious, disobedient or disrespectful to anyone in authority? Have I lied to or deceived others — friends, boss, or coworkers?
Have I been arrogant or looked down on someone?
Have I nurtured and held grudges and resentments?
Have I refused to forgive others?
Have I harmed others through physical, verbal, or emotional means?
Have I felt sorry for myself or nurtured self-pity?
Have I looked at others lustfully?
Have I respected the physical and sexual dignity of others and of myself?
Have I had an abortion or encouraged another to have one?
Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others? Did I show compassion to someone who was hurt or feeling sad?

Responsibilities to society:

Have I been a Christian witness to those with whom I work or associate?
Have I taken or wasted time or resources that belonged to another?
Have I ever mistreated or destroyed the natural environment?
Have I failed in caring and defending the rights of the poor, marginalized, and needy?
Have I been prejudiced toward others because of race, color, religion or social status?
Have I ever participated, approved, contributed, or promoted laws and policies that perpetuate poverty, inequality, discrimination, violence, and other injustices?

Examination of Conscience for married couples



[See also the examination of conscience for single persons, as well as the following:]

Responsibilities to my spouse:

Have I honored my spouse with my full affection and exclusive love?
Have I allowed resentments and bitterness toward my spouse to take root in my mind?
Have I lied, been deceitful or manipulated my spouse in order to get my own way?
Have I physically or emotionally abused my husband or wife?
Have I spoken sharply or sarcastically to my spouse?
Have I overspent, or been careless with our finances?

Responsibilities to children:

Have I cared for the spiritual and physical needs of my children?
Have I taught my children the Gospel and the commandments of God?
Have I prayed with/for them?
Did I encourage them to pray?
Have I treated them with respect?
Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?
Have I harmed them through physical, verbal, or emotional means?