

Need Help Making a Good Confession?

Teens

Confession is not difficult, but does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

My relationship with God

How do I pray?

- Out of need
- Out of desire for personal gain
- Out of my personal relationship and respect for God
- I don't pray

How do I attend Mass?

- Bitterly because I feel I have to?
- When it fits my schedule?
- Regularly, with respect for the Eucharist?
- I don't attend Mass

How do I use God's name?

- To express anger
- Out of respect and love

How do I treat God's creation?

- I respect other people equally regardless of race, religion, or economic status
- I see all life as sacred even the unborn
- I'm wasteful with the earth's resources

My relationship towards other people

How do I treat family?

- Help when they are in need, even when it is not convenient for me
- Tell my parents where I am going

- and whom I am hanging out with
- Fight with or ignore members of my family and make no effort to try to make peace with them
- Forgive them when I feel they've hurt me

How do I treat other people's sexuality?

- I use crude language and jokes
- I use people for my own physical pleasure
- I see sex as a gift from God and something that should be saved for marriage

How do I treat my teachers?

- I do my homework the best I can
- I am disruptive in class
- I do all my work and show respect

How do I treat people that I don't know?

- Cheat or lie to get what I need
- Kind and courteous
- I don't care because I'll never see them again
- Share what I have with others

How do I treat my friends?

- With love and respect
- Use them to gain popularity or gifts

- Make fun of them behind their backs
- Accept and understand their differences
- Forgive them when they hurt me

My relationship towards myself

How do I see myself?

- Created in the image and likeness of God
- I focus only on what I don't like about myself
- Misuse drugs, tobacco or alcohol
- Disrespect my sexuality
- I take care of my physical, emotional and spiritual well-being

How seriously do I take my education?

- Blow off my studies
- Complete my assignments
- Participate in class and school activities

How do I make choices?

- Because everyone is doing it
- It's the easiest way out of the situation
- I want to be popular
- My relationship with God tells me it's the right thing to do



DIOCESE OF
LONDON



www.dol.ca

YouTube