

Celebrating the Sacrament of



RECONCILIATION

We know that God our Father forgives us when we sincerely confess our sins to a priest.

Before you confess your sins, pray for the Holy Spirit's help.

Think about:

What did I do?

Why did I do it?

How can I be better?

The priest wants to help you make a good confession so you can receive the peace Jesus promised to give.

These questions may help you
to examine your conscience.

Have I shown love for others?



- Have I cared for the poor, the hungry, and those who are mistreated and oppressed as Jesus wants me?
- Have I done my best to try to live for the kingdom of God?
- Have I obeyed and been respectful to the adults who are responsible for me?
- Do I share with others or have I been selfish?
- Have I taken other's things without permission?

- Have I been truthful and fair or have I lied and cheated?
- Do I react quickly to something I have been asked to do, or am I lazy and tell myself, "I'll do it later?"
- Have I always talked nice about others or do I spread rumors that aren't true about them?
- Do I reach out to others?
- Do I treat others as I would like to be treated?

Have I shown love for God?

- Does God come first in my life or are other things more important to me?
- Have I used God's name with respect, or have I sometimes said God's name in anger?
- Have I remembered to pray regularly?
- Do I go to Sunday mass and Holy Days of Obligation?
- Have I missed mass for no good reason?
- Do I actively take part in mass or am I distracted thinking about other things?



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Have I shown love for myself?

- Do I take care of my body?
- Do I get enough rest?
- Do I eat right?
- Do I use words that are kind, not angry and mean?
- Am I the kind of person that people like to be around?
- Am I good to ME?



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The Priest Welcomes Me

When it is your turn to enter the reconciliation room, you may choose to meet with the priest face-to-face or be separated by a screen.

The priest welcomes you with kindness.

Then you make the sign of the cross.

**In the name of the Father,
and of the Son,
and of the Holy Spirit. Amen.**



**Bless me Father, for I have sinned
this is my (first, second...) confession.**

OR

**it has been (this long) since my last
confession.**

The priest invites you to trust in God, using these or similar words:

**May God, who has enlightened every heart,
help you to know your sins and trust in His
mercy.**

You answer:

Amen.

Reading of the Word of God

The priest may read or recite a passage from the Bible.



You may be invited from the priest to read the Scripture yourself.

I Confess My Sins

Now you confess your sins to the priest.
Tell him how you think you have failed
to live as Jesus wants you to live.

Be honest.

If you find it difficult or cannot remember,
ask the priest for help.

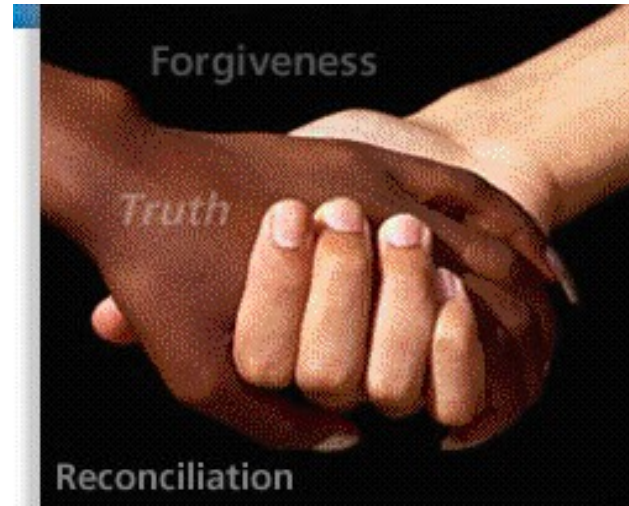
The priest listens to you and helps you.



He talks to you about how
to be better in the future.

I Receive My Penance

The priest gives you a penance, a prayer or
good action that you do to show that you are
sorry for your sins and want to do better.



This is a special way of making up
with those you have wronged
and especially with God.

I Tell God I Am Sorry

You pray an Act of Contrition prayer.

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,
and 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.

I Receive God's Forgiveness

After you carefully say your prayer of sorrow to God, the priest speaks the words of God's forgiveness. He extends his hands over you and prays that God will give you peace. He tells you that through the Church, God forgives you:

God, the Father of mercies, through the death and resurrection of His son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

You answer:

Amen.



We Praise and Thank God

We Go Forth in Peace

Together with the priest you praise God and thank Him for your forgiveness.

Father says:

Give thanks to the Lord for He is good.

You answer:

His mercy endures forever.

The priest sends you out saying:

**The Lord has freed you from your sins.
Go in peace.**

You answer:

Thank you, Father.

I Do My Penance

I do my penance as soon as I can.

I thank God for receiving the
Sacrament of Reconciliation.

I try to live as Jesus wants me to.



I celebrate the
Sacrament of Reconciliation often.

Use these pages to write your own prayer.

How do you feel after reconciliation?
Tell about it here.