

Celebrating the SACRAMENT of PENANCE and RECONCILIATION (Confession)

EXAMINATION OF CONSCIENCE:

Before you go to Reconciliation, think of the things that you said or did that were wrong.

THE PRIEST WILL GREET YOU and THE SIGN OF THE CROSS

Together you and he will begin with the **Sign of the Cross**.

*"Bless me Father for I have sinned,
it has been _____ since my last confession.
These are my sins."*

CONFESS YOUR SINS

Tell the priest how you have hurt others. You must be truly sorry for this to be true.

PENANCE

The priest will talk to you about ways you can make better choices and live a holy life. He will then give you a penance: a prayer and or some good things to do to show God you are sorry.

PRAYER OF SORROW (ACT OF CONTRITION)

Our prayer of sorrow shows we are truly sorry for our sins and that we will try to do better. You are asking God for forgiveness.

*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.*

ABSOLUTION

The Priest says words of forgiveness from God and blesses you.

"And I absolve you from your sin, In the name of the Father and of the Son and of the Holy Spirit."

"Amen"

"Your sins are forgiven, go in peace."

"Amen"

LEAVE THE CONFESSIONAL

Go into a pew and pray your penance if the priest assigned prayers as penance. If he assigned something else, consider when and how you will carry out your penance. Complete your penance as soon as possible after Reconciliation.