

Guide to Reconciliation

First, we must examine our conscience. This means, we think about our thoughts, words, and actions and ask the Lord to help us know what we did wrong. There might even be times when we didn't do something that was right. These are our sins, and these sins we bring to Jesus through the person of the priest in our confession to say we are sorry and receive forgiveness. Remember God loves you and will forgive you when you say you are sorry. This means God no longer remembers the wrong you did; it is erased and washed away.

Here are some Questions to help you think about what sins you need to tell God:

I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE ANY OTHER GODS BEFORE ME.
Do I think about God every day and pray to Him often?

YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.
Have I taken the holy name of God in anger or irreverently?
Have I used other bad language?

YOU SHALL REMEMBER TO KEEP HOLY THE LORD'S DAY.
Have I missed Mass on Sunday or any holy day of obligation through my own fault?
Do I pay attention and behave well at Mass?

YOU SHALL HONOR YOUR FATHER AND MOTHER.
Do I obey and respect my parents, teachers, and others who are in charge of me?

YOU SHALL NOT KILL
Have I fought or hurt others?

YOU SHALL NOT COMMIT ADULTERY.
Do I treat my body and other people's bodies with respect?
Do I look at television shows, movies, or pictures that are bad?

YOU SHALL NOT STEAL.
Do I treat other people's things carefully and never take anything that does not belong to me?

YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.
Have I told lies that I should ask forgiveness for?
Have I cheated in my school work?

YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.
Am I ever jealous of others?
Have I ever said unkind words about others because of my jealousy?

YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.
Do I try to be happy when others get something I would like to have, or am I jealous of their good fortune?

Act of Contrition

O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of heaven and the pains of hell, but mostly because they offend You, my God, who are all good and worthy of all my love. I firmly resolve, with the help of Your grace to sin no more and to avoid the near occasions of sin. Amen

How To Make Your Confession

Take a deep breath and remember how much God loves you!
The priest will help you if you forget something, so do not worry!

1

ENTER CONFESSIONAL

Walk into the confessional. You will either sit face to face with the Priest, or kneel behind a screen. Whichever one is more comfortable for you!

2

TELL THE PRIEST YOUR SINS

Make the sign of the cross and say "Bless me Father for I have sinned, this is my first Confession. These are my sins...". Here you will tell your sins that you prayed about to the priest, and if you can remember, how many times.

3

SAY YOU ARE SORRY

After you tell all your sins to the priest, you can say "Father I am sorry for all my sins and for those I cannot remember"

4

PENANCE

The priest will talk to you about your sins and give you some ways that you can do better! He will then give you a task, or your Penance, that you will do when you are finished with your confession to show God you are sorry.

5

ACT OF CONTRITION

"O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of heaven and the pains of hell, but mostly because they offend You, my God, who are all good and worthy of all my love. I firmly resolve, with the help of Your grace to sin no more and to avoid the near occasions of sin. Amen"

6

ABSOLUTION

The priest gives you absolution, which means your sins are forgiven. He will stretch out his hand and say a prayer over you. At the end he will make the sign of the cross over you, and you should make the sign of the cross on yourself too. You respond AMEN.

7

FORGIVENESS

The priest tells you that you may go in peace, and that your sins are forgiven. You say "Thank you, Father!"