

# RECONCILIATION GUIDE

## Step-by-Step

Think about your sins using the examination of conscience (see other side)

Make a list to bring with you, if that helps.

### 1 GREETING

First, the priest welcomes you.

Greet him and then make the sign of the cross together and say.

- **"In the name of the Father, and of the Son and of the Holy Spirit.**
- **Bless me Father for I have sinned. It has been [length of time] since my last Confession. These are my sins..."**



### 2

### CONFESS

Share your sins with the priest. Speak to him as you would speak to Jesus. The priest would **never** tell anyone else what you say.

### 3 PENANCE

The priest will give you a penance (prayer, special action, etc) to do after your confession to make up for your sins as a response to God's mercy.



### 4

### ACT OF CONTRITION

Tell God that you are sorry for your sins by reciting:

#### Act of Contrition

**"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 Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen"**

### 5 ABSOLUTION

The priest will extend his hands in your direction and pray the Prayer of Absolution. "... I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. "

You respond **"Amen."**

The priest will say: "Go in peace." You can respond **"Thanks be to God."**



# EXAMINATION OF CONSCIENCE

Think about your sins using the examination of conscience

Make a list to bring with you, if that helps.

## RESPONSIBILITIES TO GOD

- Have I prayed every day?
- 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?
- Have I made anything more important than God: myself, others, money, things I own, things I want, ideas, activities, or goals?
- Have I acted proudly, as if I know everything, am better than others, or don't need God or others?
- Have I used God's name in a bad way? Have my words hurt God, his Church, or the good he wants for all people?
- Have my words and actions given glory to God's name? Have I shared my faith with those who do not know God?

## RESPONSIBILITIES TO OTHERS

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to my parents 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, siblings, teachers, or my friends?
- Have I held onto anger or hatred toward others? Have I refused to forgive others?
- Have I treated other children with respect or have I made fun of them?
- 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 kind and generous with my friends?
- Have I hurt others, with my hands or my words?
- Have I given support or encouragement to those who hurt others?
- Have I excluded others?
- Have I gossiped, or shared information I shouldn't have?
- Have I been grateful for what I have, or greedy to have what others have?
- Have I been generous with my time and possessions?

