

STEPS TO FOLLOW
WHEN GOING TO THE SACRAMENT OF
RECONCILIATION



1. Kneel down.
2. Make the Sign of the Cross and say to the Priest:

**BLESS ME, FATHER, FOR I HAVE SINNED,
IT HAS BEEN-(WEEKS/MONTHS) SINCE MY
LAST CONFESSION, AND THESE ARE MY SINS.**
3. Tell the Priest your sins. When you are finished, say:
“I AM SORRY FOR THESE AND ALL MY SINS.”
4. Listen to the Penance that the Priest gives you.
5. Say the Act of Contrition if the Priest asks you to.
6. Listen to the Prayer of Absolution. (Being Forgiven)
7. Make the Sign of the Cross.
8. Before you leave the confessional, say:

“Thank You, Father” and “Good Bye”.

EXAMINATION OF CONSCIENCE

Think of your sins. Ask yourself...

- Do I Pray to God Each Day?
- Do I Go to Mass on Sundays & Holy Days?
- Do I Use God’s Name Disrespectfully?
- Do I Disobey My Parents and Teachers?
- Do I Show Respect to Others?
- Do I Truly Forgive Those Who Hurt Me?
- Do I Share My Things With Others?
- Do I Treat Others the Way I Would Want Them To Treat Me?
- Do I Make Fun of Others?
- Do I Cause Trouble at Home, In School, or With My Friends?
- Do I Cheat In School? Do I Tell The Truth All The Time?
- Do I Take Things That Do Not Belong To Me?
- Do I Return Things That I Borrow?
- Do I Say Bad Things About Others?
- Do I Use Bad Words? Do I Start Fights With Others?

ACT OF CONTRITION

**MY GOD, I AM SORRY
FOR ALL 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**