

Celebrating the Sacrament of Reconciliation

You can bring this sheet with you to church when you prepare yourself to receive the sacrament of reconciliation. You can also use this sheet to practice what you will be doing when you go to confession.

I Prepare to Go to Confession. Before we meet with the priest, we examine our conscience. We spend time praying. We think of our sins. We are sorry for our sins.



I Am Greeted by the Priest. I enter the reconciliation room and sit down across from Father. He gives me a warm and kind welcome.



Confession of Sins and Acceptance of a Penance. At this time, we tell our sins to the priest. When we confess our sins, we show that we trust that God always loves us.

With the Priest we make and say the Sign of the Cross:

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.



I say: Bless me Father, I have sinned.

My last confession was _____ *(Tell the priest how long in months or weeks it has been since your last confession.)*

These are my sins: *Beginning listing your sins. Talk to Father about your sins – listing them in a manner in which Father and you can talk about them. After we confess our sins, the priest talks to us. He names some of the ways we can live a holy life.*

Act of Penance. Father will give me an act of penance to do when you leave the reconciliation room.

Act of Contrition. We say an Act of Contrition Prayer. This shows we are truly sorry for our sins:

My God I am sorry for my signs 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. As the priest extends his hands over our head or places his hands on our head as he prays. We say Amen when Father is finished praying.

Together, we **make** and **say** the Sign of the Cross.

Priest: I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.



We say: Amen.