

Reconciliation!

Confession • Forgiveness • Conversion • Penance

God forgives you since He loves you so much!
"For the Lord delights in you" (Isaiah 62:4).

Try this:

1. Pray for courage and humility. Jesus said, "Do not be afraid" (Matthew 17:7).
2. Reflect on your life since your last confession: →→Examine your conscience [see questions→].
3. Go to the priest. Begin with the **Sign of the Cross**. The priest welcomes you and may say a prayer.
4. Start your confession: "**Bless me, Father, for I have sinned. It has been [give number of days, months, or years] since my last confession.**"
5. Tell your sins to the priest. If you get stuck, ask the priest for help. When you are finished, say "**I am sorry for these and all my sins.**"
6. Listen as the priest gives some words of encouragement, and an act of penance, which might be prayers, a work of mercy or sacrifice, or an act of charity.
7. Pray your 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 Savior Jesus Christ
suffered and died for us.
In his name, my God,
have mercy. Amen.**

8. Receive the priest's absolution of your sins. Make the Sign of the Cross with him, and say "**Amen.**"
9. The priest may praise the Lord by saying "Give thanks to the Lord for he is good." Respond by praying, "**His mercy endures for ever.**" The priest often concludes with "Go in peace." You may thank him.

Thank you, Jesus !!!

Jesus, please help me remember my sins!

Examination of Conscience

Have I:

- A. been respectful and loving to my parents, OR been disobedient, talked back, or been disrespectful?
- B. been respectful and loving to my siblings, friends, and all people, OR hurt, insulted, fought with, or disrespected another person?
- C. loved God by going to Mass every week, by praying daily and by respecting His Name, OR missed Mass, forgotten to pray daily, or misused His Name?
- D. respected my body by eating right, by getting exercise, and by sleeping enough, OR disrespected my body by poor eating, by lack of exercise, by not getting enough sleep, or by abusing alcohol/drugs?
- E. respected God's gift of sexuality by keeping pure, OR used impure images, music, or video, or was impure with myself or another person?
- F. told the truth and been loving in my words, OR lied, been disrespectful in speech, cheated, or gossiped?
- G. respected what belongs to others, OR stolen, vandalized, or destroyed property of others?
- H. been satisfied with my material possessions, OR been greedy or envious of the possessions of others?

Bible Truths for us:

"You will cast into the depths of the sea all our sins" (Micah 7:19).

*"As far as east is to the west,
so far has he put our transgressions from us"
(Ps103:12).*

*"For I will forgive their evildoing and
remember their sins no more" (Hebrews
8:12).*

