

The Rite of Reconciliation

1. The priest will greet you and begin by making the **Sign of the Cross**.
2. Say: **"Bless me Father, for I have sinned. It has been _____ since my last confession."** (or **"this is my first confession"**)
3. Now confess your sins to the priest....
4. After your last sin, say: **"I am sorry for these and all my sins."**
5. The priest will assign you a penance and offer advice to help you be a better Catholic.
6. The priest will ask you to pray the 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."**
7. The priest acting in the person of Christ, will absolve you from your sins by saying the prayer of Absolution: "I absolve you from your sins in the name of the Father and the Son, and The Holy Spirit."
You make the **sign of the cross** and respond, **"Amen."**
8. The Priest will then say something like: "The Lord has freed you from your sins. Go in peace." You respond: **"Thanks be to God."**

5 steps to making a Good Confession



1. **Examination of Conscience** - Know your sins.
2. **Contrition**— Be sorry for your sins
3. **Decide** not to sin again.
4. **Confess** your sins to a priest.
5. **Penance** - Do the penance the priest gives you.

Examination of Conscience

Begin with Prayer to the Holy Spirit

Come, Holy Spirit, into my soul. Show me my sins,
both the wrong that I did and the good I failed to do.
Give me the grace to be sorry for my sins out of love for God,
so that through Confession my soul might be healed
and strengthened to do good. Amen!

1. You shall have no other gods besides the Lord your God.

Adore God.

Do I love God above all things?

Did I pray each day?

Did I pay attention at Mass?

2. You shall not take the Lord your God's name in vain.

Did I use God's name reverently?

Did I treat holy thing properly?

Have I used bad words?

3. Keep the Sabbath day holy.

Did I go to Mass on Sunday?

If I came to Mass Late, was it my fault?

Do I make Sunday a day of prayer and rest?

4. Honor your father and your mother

Love your parents.

Do I obey my parents?

Right away?

Do I help around the house?

Do I let them know I love them?

Am I obeying and honoring those in those in authority, such as teachers, Priests and police officers?

5. You shall not kill.

Be kind.

Did I hurt anyone?

Did I say mean things?

Did I lose my temper?

Have I been good to my family or friends?

Am I kind to every one I see?

6. You shall not commit adultery.

Be Pure.

Did I treat my body and other's body with respect?

Were all my words and actions good?

Was I careful to look at only good books, movies, music, apps or video games?

Did I dress modest?

7. You shall not steal.

Be honest.

Did I take what did not belong to me?

Did I return what I borrowed?

Did I return what I found?

Did I replace what I broke?

Do I share what I have with others?

8. You shall not bear false witness against your neighbor.

Be Truthful.

Did I tell any lies?

Did I speak unkindly of others?

Did I copy or cheat other's people's work?

9. You shall not covet your neighbor's wife.

Be respectful of Relationships.

Do I allow my parents to spend time together?

Do I get mad when I have to share my friends?

10. You shall not covet your neighbor's goods.

Be satisfied with what you have.

Did I want things that I do not need?

Did I pester my parents to buy things?

Am I jealous of the things my friends have?



Jesus, I Trust in You