

# Sacrament of Reconciliation

## Before Confession

### Examination of Consciousness

1. I think of my sins. (Ten Commandments)
2. I tell Jesus I am sorry. (Act of Contrition)

### Confession

I make my confession in this way:

1. I go into confessional and kneel
2. I make the Sign of the Cross and say:

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT.**

**AMEN.**

3. I say: **Bless me Father for I have sinned. This is my first confession and these are my sins.** (next time you say: it has been 1 month or so... since my last confession and these are my sins)

4. I confess my sins .....

5. When I have finished my confession, I say:

**For these and all the other sins in my life I ask God's forgiveness.**

6. The priest will speak to you of those matters about which you asked for advice, and he will also give you a **PENANCE**: a prayer or a good action to make up for harm done by sin.

7. Then the priest will ask you to express sorrow for your sins. You will say Act of Contrition: **My God I am sorry for my sins...**

8. Now the priest extends his hand and forgives you – **I absolve you from all your sins in the Name of the Father, and of the Son, and of the Holy Spirit.**

9. At this time you make the sign of the cross and say **Amen.**

10. The Priest says **"Give thanks to the Lord for He is Good,"**

11. You answer **"For His Love Endures Forever."**

12. The Father will say: **"Go in Peace"**

13. You answer: **"Thank you Father."**

14. After leaving the confessional I say the **PENANCE** the Priest has given me and thank God for forgiving my sins.

## 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.

## THE TEN COMMANDMENTS

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your mother and your father.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's good.