

## 4 Parts of the Sacrament of Reconciliation

Examination of Conscience:

**(EXAMINE)** Before you arrive, ask God for help in remembering your sins, specific actions and general patterns of behavior, use the examination of conscience on the back of this page. Think about how you have sinned.

**(CONTRITION)** Be sorry for your sins have good intentions to not sin again.

Go to the Priest:

The priest will welcome you and you will both make the sign of the cross; the priest will pray for you and may read a scripture passage.

Confess your sins:

**(CONFESS)** Tell the Priest your sins and ask for forgiveness. Tell him that you know in your heart that what you did was wrong and that you are confident that you will not sin again. The Priest will discuss your sins with you and provide spiritual advice.

Receive a Penance:

**(PENANCE)** The priest will talk to you about doing something as a sign of your desire to change your behavior and not sin again. It may be saying some prayers or doing some loving action.

Tell God that you are truly sorry:

Pray the *Act of Contrition* or *Prayer of Sorrow* or use your own words to tell God that you are truly sorry for sins with the Priest.

Receive absolution:

**(ABSOLUTION)** The Priest extends his hands over the penitent's head and prays the words of absolution and God forgives your sins.

Change my ways:

**(CONVERSION)** Try your best to change your ways. Avoid situations that might lead you to sin. Remember to live Christ's greatest commandments to love God with your whole heart, soul and mind and love your neighbor as yourself.

## EXAMINATION OF CONSCIENCE

- Do I love God as a child of God?
- Do I remember to pray every day?
- Do I thank God for all God has done for me?
- Do I always say God's name with love?

**JESUS, FORGIVE US AND HELP US TO LOVE.**

- Do I show my love for God by loving others?
- Do I keep Sunday holy by going to Mass?
- Do I remind myself that I am in God's house and behave as I should?

**JESUS, FORGIVE US AND HELP US TO LOVE.**

- Do I always talk nicely to my parents?
- Do I do what my parents ask me to do?
- Do I help with chores around the house?
- Do I try to be pleasant while doing chores and obeying my parents?

**JESUS, FORGIVE US AND HELP US TO LOVE.**

- Do I show my love for others by obeying rules at school and at public places?
- Do I treat others with love and kindness?
- Do I ever hurt others by calling them names?
- Do I fight with others or make fun of them?

**JESUS, FORGIVE US AND HELP US TO LOVE.**

- Do I always tell the truth?
- Do I ever make promises that I do not keep?
- Do I ever cheat on tests or schoolwork?
- Do I take things that do not belong to me?

**JESUS, FORGIVE US AND HELP US TO LOVE.**

- Do I refuse to share my things with others?
- Do I treat the property of others with respect and care?
- Do I share what I have with others?
- Do I respect and care for all of God's creatures and creation?

**JESUS, FORGIVE US AND HELP US TO LOVE.**

### 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.

### Hail Mary

Hail Mary, full of grace, the Lord with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen.

### Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

### Glory Be

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now, and ever shall be. World without end. Amen.

### Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.