

Your Guide to Reconciliation

How to prepare:

1. Begin with prayer. Place yourself in the presence of God, our loving Father.
2. Think of actions you may have taken or things you may have said that did not conform to God's commandment to love Him and one another (Examination of Conscience). One helpful guide is the 10 Commandments (see inside page).
3. When you are ready, go to one of the confessionals.

How to go to Reconciliation:

1. The priest gives you a blessing or greeting.
2. Make the Sign of the Cross and say, "Bless me, Father, for I have sinned." and then tell the priest how long it has been since your last confession.
3. State your sins, and end with something like, "I am sorry for these and all of my sins."
4. Listen to the penance and advice from the priest.
5. Pray an Act of Contrition (below)
6. Listen to the words of absolution spoken by the priest and make the Sign of the Cross.
7. Thank the priest and leave the confessional.
8. Do your penance.

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.