

# 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. Ask Jesus for help. Jesus said, “Do not be afraid” (Matthew 17:7).
2. Think of your sins since your last confession. [See other side for ideas.]
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.
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.

That was fun! Thank you, *Jesus !!!*

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**Jesus, please help me  
remember my sins!**

*Examination of Conscience*

**Have I:**

- A. been respectful and loving to my parents, and teachers OR been disobedient, talked back, or been disrespectful?
- B. been respectful and loving to my brothers and sisters, friends, and all people, OR hurt, fought with, or disrespected another person?
- C. loved God by going to Mass every week, by praying every day and by respecting His Name, OR missed Mass, forgotten to pray every day 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, or by not getting enough sleep?
- E. respected my body and the bodies of others, OR been impure or immodest?
- 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, or broken the things of others?
- H. been satisfied with the things I have, OR been greedy or wanted things that others have?

*Let Jesus take away your sins!*

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).**

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