

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. Pray for courage and humility. Jesus said, “Do not be afraid” (Matthew 17:7).
2. Reflect on your life since your last confession: →Examine your conscience← [see other side].
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, which might be prayers, a work of mercy or sacrifice, or an act of charity.
7. Pray your Act of Contrition, such as:

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.

Thank you, *Jesus*, for your mercy!

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Adult

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

Examination of Conscience

Have I:

- A. honored my spouse, parents, children
OR disrespected or neglected them?
- B. been respectful and loving to my family,
friends, and all people, OR hurt, insulted,
fought with, or disrespected another person?
- C. loved God by going to Mass every week, by praying
daily and by respecting His Name, OR missed
Mass, forgotten to pray daily, 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, by
not getting enough sleep, or by abusing tobacco
and/or alcohol/drugs?
- E. respected God's gift of sexuality by keeping pure,
OR used pornography or impure music,
masturbated, fornicated, committed adultery, used
contraceptives or participated in an abortion?
- 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, been honest
at work, been just to my employees OR stolen,
vandalized, destroyed property of others, been
dishonest at work, or unjust to my employees?
- H. been satisfied with my material possessions,
OR been greedy or envious of the possessions
of others?

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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