

SACRAMENT OF RECONCILIATION

- Greet the priest when he welcomes you.
- Make the Sign of the Cross.
- Say "Bless me Father, for I have sinned. This is my first confession." (or "My last Confession was ...")
- Listen. Say "Amen" at the end of the priest's prayer.
- Confess your sins:
 - Tell the priest about the things you needed to do but didn't and the things you did that hurt God, other people or yourself.
- Listen to the penance the priest gives you.
- Pray the Act of Contrition.
- Listen to the priest as he prays the words of absolution.
- Say Amen at the end of the priest's prayer.
- Tell the priest "Thank you".
- Leave the priest. Kneel in a pew, say any prayers the priest gave you as penance and thank God.

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.

AFTER CONFESSION

Kneel in a pew.
Silently thank God for forgiving you.
Pray any prayers the priest has asked you to pray.
Now is a good time to pray the Act of Contrition again, thinking about what it means.
Now is a good time to pray the Our Father, the Hail Mary, and the Glory Be.

BEFORE CONFESSION

Kneel in a pew.

Examine your conscience:

Think about what you need to tell the priest.
What are the things you have failed to do that you should have?
What did you do that you shouldn't have that hurt God, other people, or yourself?
It may help to think of the 10 Commandments.

1. You shall honor no other god but Me.
2. You shall not misuse the name of the Lord your God.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
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 or husband.
10. You shall not covet your neighbor's goods.

You may need to stand in line. Stand in line quietly and talk to God. Leave a distance between the line and the confessional and between each other.



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