



Celebrating the Sacrament of Reconciliation

Reconciliation is one of the Catholic Church's greatest offerings to its people. To be wiped free of sin and granted absolution is truly a gift. In this way, we do become reconciled with God. Prior to celebrating the sacrament of Reconciliation it is important to examine your conscience in a deep and sincere manner, examining how you live your life; reflecting on your thoughts, your words, and your deeds. For children, the guidance of parents/guardians in assisting the child to make a deep and conscience examination of their thoughts, deeds and actions will foster the ability to make good, sound decisions in the way they will live their life.

Father will welcome you and you are invited to introduce yourself.

It is important to share with Father if this is your first confession, or how long it has been since your last. We begin by making a Sign of the Cross while saying,

*“Bless me Father, for I have sinned,
it has been _____ since my last confession, and these are my sins.”*

Share your sins with Father: You will share your sins with Father; he will talk to you about your sins, and will give you advice on how you can live a faith filled life.

Listen to and remember your penance. You may be given an act of kindness or sign of penance to perform, or you may be asked to say some prayers. Either way, it is important to listen closely to your penance, and complete what has been given to you. You will then be asked to prayer the Act of Contrition.

Prayer an Act of Contrition: There is an Act of Contrition prayer card in the Reconciliation Room which you can use if you are nervous.

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.

Absolution: Father will give you absolution by extending his hand over your head, and praying. The prayer will conclude with “...in the name of the Father, and of the Son, and of the Holy Spirit.” You will make the Sign of the Cross at the time, and say **Amen**.

Father may shake your hand, sharing “**Peace be with you.**”

You will reply, “**And with your Spirit.**”

Do your penance. If prayer is given for penance, this is a good time to enter a pew, kneel, prayer your penance and reflect on your reconciliation with God.