

THE SACRAMENT OF RECONCILIATION

EXAMINATION OF CONSCIENCE

Examine your conscience and review the 10 commandments. Then get in a line to enter the Reconciliation Room.

In the Reconciliation Room you will see two chairs and a screen with a kneeler. Close the door and have a seat either facing Father or kneeling behind the screen. It is your choice which way is more comfortable. If you participate in the Group First Reconciliation Service, there will be 2 chairs facing each other at each station throughout the church. If you wish to confess behind a screen, you may choose to stand in line at the Reconciliation Room.

GREETING

Father may greet you and say, **"Peace be with you."**

Your response is: **"And with your spirit."**

Next, make the sign of the cross together:

"In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."

Father will say: **"May God who has enlightened every heart, help you to know your sins and trust in His Mercy."**

Your response is: **"Amen."**

READING THE WORD OF GOD

The priest may read a story of God's love and forgiveness from the Bible.

CONFESSION OF SINS & ACCEPTANCE OF A PENANCE

You will say: **"Bless me Father, for I have sinned. This is my First Confession ... These are my sins:"**

(Later, instead of saying "This is my First Confession," you will say "It's been [a week, a month, or whatever] since my last confession.")

Making a confession is simply telling Father what sins you have committed. After you have mentioned all the sins you can recall, Father may talk to you a little bit and give you some advice. Then he will ask you to do a **"PENANCE"**. Your penance may be to say Prayers, or do a kind deed. Listen carefully to what Father asks you to do for a penance and be sure to do it as soon as possible.

After this, Father will then say, **"Now make a good act of contrition."**

It is acceptable to express your sorrow and remorse for your sins in your own words, however, most people use the ACT OF CONTRITION. You may carry a copy of these instructions and read the Act of Contrition, which follows:

**"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

Right after your Act of Contrition, Father will give his sacramental **"ABSOLUTION"** which means forgiveness. Your sins will be forgiven. Father will extend his hands and say:

"God, the Father of mercies, through the death and resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, In the Name of the Father, and of the Son, and of the Holy Spirit."

Your response is, **"Amen."**

PRAISE OF GOD AND DISMISSAL

Father continues: **"Give thanks to the Lord for He is good."**

You respond, **"His mercy endures forever."**

Father may say, **"Go in peace, and proclaim to the world the wonderful works of God who has brought you salvation."**

You may say, **"Thanks be to God."** or **"Thank you, Father."**

When you leave, be sure to leave the door open for the next person (if you have used the Reconciliation Room).

PENANCE

Be sure to do the penance Father has given you as soon as possible.

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