

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.



RECONCILIATION



Prayer After Confession:

My Jesus, I thank you
for washing away my sins
in Your Precious Blood.
Help me to accept my cross each
day and not to hurt You.
I love you
with my whole heart and soul.
Amen.

ST. ANTHONY OF PADUA
CATHOLIC CHURCH

HOW TO PREPARE FOR RECONCILIATION



Have mercy on me, O God,
according to thy steadfast love;
according to thy abundant mercy
blot out my transgressions. Wash
me thoroughly from my iniquity,
and cleanse me from my sin!

Psalm 51: 1-2





Prayer for a Good Confession

Come, Holy Spirit, into my soul.
Show me my sins, both the wrong that I did and the good I failed to do. Give me the grace to be sorry for my sins out of love for God, so that through Confession my soul might be healed and strengthened to do good. AMEN!

EXAMINATION OF CONSCIENCE

Take time in a quiet place to prepare yourself to receive the Sacrament of Reconciliation. Ask Jesus to help you know your sins and to be sorry for them. You may write them down so you can remember. (Don't show anyone and remember to throw your paper away.)

Ask Him for the courage to go to confession.

RESPONSIBILITIES TO GOD:

- ❖ Have I remembered to pray everyday?
- ❖ Have I gotten upset or angry when my parents asked me to pray?
- ❖ Have I asked the Holy Spirit to help me do what is right?

- ❖ Have I said God's name in vain?
- ❖ Have I remembered that Sunday is God's day and kept it holy?
- ❖ Have I missed Mass on Sunday?

RESPONSIBILITIES TO OTHERS:

- ❖ Have I been obedient and respectful to my parents?
- ❖ Have I lied or been deceitful to them or others?
- ❖ Have I been angry or mean to anyone?
- ❖ Have I done something to hurt my own body to someone else's?
- ❖ Have I used bad language?
- ❖ Have I cheated on my schoolwork or while playing games?

- ❖ Have I talked bad about someone else?
- ❖ Have I stolen something that does not belong to me?
- ❖ Have I been jealous of what others have?
- ❖ Have I been kind and generous with my family and friends?

Note:

There are many different versions of the "Examination of Conscience." Find one that best suits you and your state in life. This one is written for young children.