

THE SACRAMENT OF RECONCILIATION

EXAMINATION OF CONSCIENCE

Examine your conscience and pray to Jesus to help you make a good confession.

When you arrive to the Church, please follow the directions of the ushers as to where to go. If you need a Spanish speaking priest, please tell the ushers when you arrive. While in line, go over what you have prepared to say and ask the Holy Spirit for the courage and strength to make a good confession. You may bring this script with you to your confession.

When it is your turn, go sit in front of the priest, take a deep breath, and tell him this is your first confession. Remember you are speaking to Jesus and that He loves you!

GREETING

Make the sign of the cross together with Father:

"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."**

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. The Priest 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.

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 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."

PENANCE

Be sure to do the penance Father has given you as soon as possible. When you leave the confessional, it is a great practice to kneel and say a prayer of thanksgiving to God for the gift of reconciliation. You have been forgiven! Go and be at peace!

Now you are in a state of grace!