

Reconciliation

1 **EXAMINE** your conscience in a quiet place before receiving this sacrament.



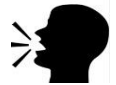
2 **ENTER** the confessional and **LISTEN** to the priest's greeting.



3 **MAKE** the sign of the cross and say:

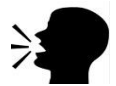


In the name of the Father, and of the Son, and of the Holy Spirit.
Bless me Father, for I have sinned.
It has been _____ since my last confession.



4 **CONFESS** your sins by saying them (*in kind & number - ex. missed mass 2 times*):

1
2
3
I am sorry for these and all my sins.



5 **LISTEN** to the priest as he talks to you
(about your sins or how you can change and not offend God in this way again.)

6 **LISTEN** as the priest assigns your **PENANCE**.

7 **PRAY** the Act of Contrition prayer (out loud):

O my God,
I am heartily sorry for having offended You
and I detest all my sins,
because I dread the loss of heaven and the pains of Hell,
but most of all because they offend you, my God,
who are all good and deserving of all my love.

I firmly resolve, with the help of your grace,
to confess my sins,
to do penance
and to amend my life. Amen.



8 **LISTEN** as the priest places his hand over your head and gives you **ABSOLUTION**.

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.

MAKE the sign of the cross when the priest blesses you.



9 **PRAISE** the mercy of God by responding after the priest:

PRIEST: Give thanks to the Lord, for He is good.

His mercy endures forever.



10 **RETURN** to your pew and **DO** your penance.

