

# Reconciliation

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



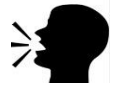
2 **ENTER** the confessional and **LISTEN** to the priest's greeting.



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



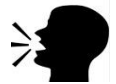
In the name of the Father, and of the Son, and of the Holy Spirit.  
Bless me Father, for I have sinned.  
It has been \_\_\_\_\_ since my last confession.



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 poured out the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God grant 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 absolves 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.

