

# The Sacrament of Reconciliation

**I. Make a good examination of conscience** (see below).

## II. Confession

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

(The Priest will say: *May the Lord be in your heart so that you may confess your sins with true sorrow.*)

(You say) Bless me Father for I have sinned. My last confession was about \_\_\_\_\_ ago. These are my sins. (Tell the priest your sins.)

After you have confessed your sins, the priest will tell you what to do for your penance.

## III. 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.

## IV. Absolution

The priest then says the prayer of absolution forgiving you of your sins:

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.

## V. Dismissal

Then the priest says: *Give thanks to the Lord for He is good.*

You respond by saying: *His mercy endures for ever.*

Then the priest says: *The Lord has freed you from your sins. You may go in peace.*

You respond by saying: *Thanks be to God.*

*Leave the confessional and do the penance that was given you.*

## An Examination of Conscience

1. What is my attitude to the sacrament of reconciliation? Do I sincerely want to be set free from sin, to turn again to God, to begin a new life, and to enter into a deeper friendship with God? Or do I look on it as a burden, to be undertaken as seldom as possible?
2. Did I forget to mention, or deliberately conceal, any grave sins in past confessions? Have I lied?
3. Did I perform the penance I was given? Have I tried to put into practice my resolution to lead a better life in keeping with the Gospel?
4. Is my heart set on God, so that I really love Him above all things and am faithful to His commandments? Or am I more concerned about the things of this world? Have I taken the name of God in vain? Have I cursed? Do I accept the Church's teachings? Do I try to grow in my faith? Do I profess my faith in God and the Church or am I ashamed to do so? Have I put other things, such as money and superstition, in place of God? Have I followed the teachings of the Church in regards to marriage? Am I living together with someone in a sinful relationship? Am I living with another in a sexual relationship with them without being married to them?
5. Do I pray regularly, morning and evening, before and after meals?
6. Do I keep Sundays and Holy Days of Obligation by going to Mass? Do I participate at Mass with attention and devotion? Do I go to confession regularly?
7. Do I have a genuine love for others? Or do I use them for my own gain or benefit? Have I given scandal by my words or actions? Have I had an abortion or encouraged someone else to have one, have I used contraception or other means to prevent pregnancy?
8. Have I been obedient to my parents and shown them proper respect? Have I been a good example to my children by bringing them to Church, religious education, praying with them and teaching them about Christ and His Church? Have I been faithful to my husband or wife? Have I committed adultery? Have I abused any member of my family either verbally or physically?
9. Do I help the poor? Do I help meet the needs of the Church through tithing? Do I help spread the gospel? Do I care for others or only for myself? Have I paid my taxes? Do I always want what other people have?
10. Have I stolen anything? At work? Do I do a day's work for a day's pay? Have I injured anyone? Have I spoken badly about other people? Have I been proud and boastful, thinking of myself as being better than others?
11. Have I kept my senses and body pure and chaste as a temple of the Holy Spirit? Have I dishonored my body by fornication, impurity, unworthy conversation or thoughts, evil desires, or actions, masturbation, premarital sex? Have I indulged in reading, conversation, shows, and entertainment that offend against Christian and human decency? Have I looked at pornography on the internet? Have I encouraged others to sin? Have I gotten drunk?