

PRACTICE RECEIVING RECONCILIATION

1. Prepare – Think how forgiving God is.
2. Examine your conscience – Think about the things you do that hurt God. Review the Ten Commandments that God has asked us to follow. They are located in the last section of your book.
3. Enter the confessional either anonymous or face-to-face.
4. Make the sign of the cross and say “Bless me Father, it has been (how long) since my last confession. I am sorry for ...” You then tell the priest any problems you might have or where you think you might improve with effort on your part. The real meaning of Reconciliation is, “How am I going to act towards others in the future.” “I think I might improve on how I speak to my mom and dad or I’m going to play more fairly from now on or control my temper and the hurtful words I say to people.”
5. The priest will talk to you about your sins and maybe suggest ways you can improve.
6. The priest will give you a penance to do (either prayers to pray or something to do to show how you want to change. Throughout history, Christians have done penance in three ways; prayers, fasting (going without food), and almsgiving (giving money to the poor).
7. The priest may tell you to say that you are sorry for your sins; you respond by praying the “Act of Contrition.”
8. The priest will raise his hand over you and absolve (take away) your sins.
9. When the priest says, “In the name of the Father, Son, and Holy, Spirit”, you make the sign of the cross, and when done, say, “Thank you, Father.”
10. Your confession is done, leave the confessional and return to the pew, kneel and pray the penance (prayers) the priest asked you to pray.
11. When you leave the church, if the priest has told you to do something to make up for your sins, try to do it right away. You will have a clean heart, be happy, and try to do your best not to sin.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment, but most of all because they have offended Thee, my God, who art all good and deserving of all my love.

I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasion of sin. Amen