

How to receive the sacrament of Reconciliation (Confession, Penance) properly and worthily.

- 1. Examine your conscience to find out your sins**
- 2. Be sorry for your sins**
- 3. Make up your mind not to sin again.**
- 4. Tell your sins to the priest.**
- 5. Do the penance the priest gives you.**

Pray to the Holy Spirit to help you make a good Confession.
Think about Our Lord's sufferings. Our sins made Jesus suffer.
But He loves us and wanted to suffer for our sins so that we can
be with Him in heaven.

Examination of Conscience—Ask yourself

Did I miss Mass on purpose on a Sunday or Holy Day?

Was I disobedient to my parents or teachers?

Did I fight with someone?

Did I use angry words? Did I use God's name in anger?

Did I try to get even with someone?

Did I use bad words or look at bad pictures?

Did I steal anything?

Did I tell any lies?

Was I unkind to others or call them bad names?

Did I tease someone unkindly or gossip about someone?

Have I been Jealous of others?

Have I been lazy and not done good things for others?

Have I forgiven people, or am I holding a grudge?

HOW TO MAKE A GOOD CONFESSION

Go in the confessional and kneel, or kneel or sit by the priest if not using a confessional booth.

Make the Sign of the Cross and say **“Bless me Father for I have sinned.”**

Then say, **“This is my first confession”**

Or say, “It has been (say the time: two weeks, two months, etc.) since my last confession.

Confess your sins. Remember you are talking to Jesus. Do not be afraid. Tell the truth and tell all the sins you can remember. Do not leave out a sin on purpose. If you forget to tell a sin, God forgives you. When finished, say **“I am sorry for these and all my sins.”**

Listen carefully to what the priest tells you. He will give you a penance to do.

Say the Act of Contrition from your heart when the priest tells you to do so. (forms of the prayer are on the other side)

You will hear these words of Absolution from the priest:

God, the Father of mercies,
through the death and the 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.

If the priest says “Go in peace” say **“Thanks be to God”**. If the priest says “Give thanks to God because He is good” say **“His mercy lasts forever”**.

Say **“Thank you, Father”** before leaving.

After leaving the confessional, say the penance the priest has given you and thank God for forgiving your sins.