

# The Sacrament of Reconciliation



## Five Steps

- Step 1: Examination of Conscience
- Step 2: Confession
- Step 3: Penance
- Step 4: Contrition
- Step 5: Absolution

## Rite of Confession

1. Father welcomes you.
2. Begin by praying the Sign of the Cross.  
**“+ In the name of the Father, and of the Son, and of the Holy Spirit Amen.”**
3. Tell Father how long it has been since your last Confession or if this is your first time.  
**“Bless me Father for I have sinned, this is my first confession.”**  
Or **“Bless me Father for I have sinned, it has been (how many weeks, months, or years) since my last confession.”**
4. Share your sins with Father.
5. Listen to and remember your penance.  
(The priest will ask you to spend some time in prayer or to do a kind deed for somebody. This is called penance, which is a way for you to show God that you are truly sorry for your sins and help you to not sin again.)
6. Pray an 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 intent, 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. Amen.**
7. Father will give you absolution by praying:  
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. Amen.
8. Give Praise to God for His mercy and forgiveness!  
Father will say a short prayer. You respond, **“Thanks be to God!”**
9. Complete your penance.

# Examination of Conscience

Do I pray every day?

Am I cranky or moody about going to Mass on Sunday?

Do I pray for God's help and then do what is right in the choices I make?

Am I obedient and respectful to my parents, teachers, and others who watch over me?

Have I lied to anyone?

Have I taken things that belong to other people?

Do I cheat in school or in sports?

Have I been selfish and hurtful to others?

Do I show kindness to my family members, friends, and others?

When angry have I said hurtful things about someone or hurt anyone?

Do I treat people with respect? Or do I make fun of others or bully anyone?

Have I said bad or hurtful words to others?

Am I grateful for the many gifts that God has blessed me with?

**DON'T BE  
AFRAID  
TO GO TO  
THE  
SACRAMENT  
OF  
CONFESSION,  
WHERE  
YOU WILL  
MEET  
JESUS  
WHO  
FORGIVES  
YOU!  
-POPE FRANCIS**

