

HOW GO TO CONFESSION

Make the sign of the cross as Father blesses you: "In the name of the Father, the Son, and the Holy Spirit"

Then you will say:

Bless me Father for I have sinned.

It has been [# years] since my last confession and these are my sins.

Tell Father what you have done wrong, what you are having problems with, and what you are truly sorry for.

When you are finished talking say:

That is all Father.

For these and all my sins I am truly sorry.

Father will talk to you for a bit and give you a penance (some prayers to say when you go back to your seat).

Father will ask you to make a good Act of Contrition.

You will say:

Oh my God I am sorry for all my sins. In choosing to do wrong and failing to do good, I have sinned against you and your church. I firmly intend with the help of your son to make up for my sins and to love as I should. Amen.

Father will bless you and your sins are forgiven.

Father will say: Go in peace.

You say: **Thanks be to God.**

AN EXAMINATION OF CONSCIENCE

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions. The questions below help us in our examination of conscience.

My Relationship with God

- What steps am I taking to help me grow closer to God and to others?
- Do I turn to God often during the day, especially when I am tempted?
- Do I participate at Mass with attention and devotion on Sundays and holy days?
- Do I pray often and read the Bible?
- Do I use God's name and the names of Jesus, Mary, and the saints with love and reverence?

My Relationship with My Family, My Friends, and Other People

- Have I set a bad example through my words or actions?
- Do I treat others fairly?
- Do I spread stories that hurt other people?
- Am I loving of those in my family?
- Am I respectful of my neighbors, my friends, and those in authority?
- Do I show respect for my body and for the bodies of others?
- Do I keep away from forms of entertainment that do not respect God's gift of sexuality?
- Have I taken or damaged anything that did not belong to me?
- Have I cheated, copied homework, or lied?
- Do I quarrel with others just so I can get my own way?
- Do I insult others to try to make them think they are less than I am?
- Do I hold grudges and try to hurt people who I think have hurt me?

SUMMARY OF IMPORTANT THINGS TO KNOW TO RECEIVE RECONCILIATION

1. Understanding "What is a Sin"

- Sin is making a choice to do something wrong.
- Sin always hurts both the person who sins and the community because the person is not loving and caring for everyone as God wants.
- There are two kinds of sin:
- A venial sin is a lesser sin. It is when a person is not being as good a friend to God and to people as God wants.
- A mortal sin is a serious sin. The person completely breaks off his or her friendship with God.

2. Understanding What is Necessary for something to be a Mortal Sin

- Something is a mortal sin,
- If the act is seriously wrong,
- The person knows it is seriously wrong, and the person chooses to do it any way.

3. Showing a Desire to Receive Reconciliation

- People want God's help to be more like Jesus.
- People want to show they are very sorry for anything they have done wrong.
- They want to change and grown as part of the Catholic Family.