

THE SACRAMENT OF RECONCILIATION -- GOING 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.

This is my first 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 with your parents).

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

SUMMARY OF IMPORTANT THINGS TO KNOW TO RECEIVE RECONCILIATION

Dear Holy Spirit,

Help me answer these questions honestly.

Help me as I try to become more like Jesus.

How do I act toward:

God

- Do I talk to God every day?
- Do I say God's name only in a prayerful way?
- Am I trying to trust God like Jesus did?

Myself

- Do I do things that will help me grow as God wants?
- Do I take care of what I have? Do I thank God for who I am?

My Family, My Friends and Other People

- Do I do my chores well, or do I have to be asked?
- Do I try to do my best at school?
- When someone who is taking care of me asks me to do something good, do I obey?
- When I am angry, do I talk about it, or do I say or do things to hurt whoever hurt me?
- Do I say, "Please" and "Thank you"?
- Do I say, "I am sorry" and "I forgive you"?
- Do I play fair, or do I ever cheat at school, work or games?
- Do I tell the whole truth? Or do I let people believe something that isn't true?

Thank you, Holy Spirit. I love You.

Amen

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 grow as part of the Catholic Family.