

Act of Contrition

God I am sorry for all my sins for what I have done and for what I have failed to do. I will sincerely try to do better. Help me to walk in your light. Amen

How to Begin your Reconciliation:

Make the sign of the cross

Begin by saying: "Bless me father for I have sinned. It has been (*how long*) since my last confession. These are my sins."

Tell your sins.

When you have confessed your sins, say: "for these and all my sins, I am truly sorry."

Do the **penance** that the priest gives to you.



Examination of Conscience

About Reconciliation

Jesus asks us to love God with all our heart, all our mind and all our soul; and to love our neighbour as ourselves.

Sometimes we do not follow Jesus and we fail to love as we should.

This separates us from God. It is the way we sin.

But Jesus loves us too much to let us remain apart.

He wants very much to forgive us if only we go to him, say we are sorry and promise to do better.

We do this through the sacrament of Reconciliation.

To prepare for this sacrament, it is a good idea to take time to look at your life and ask yourself some questions.

This is called an examination of conscience.

Examination of Conscience

Do I behave as a child of God?

Do I pray to God every day?

Do I go to mass on Sunday?

Do I respect and listen to my parents?

Do I get along with my brothers and sisters?

Have I hurt anyone by what I said or did to them?

Do I always play fair?

Did I steal anything?

Do I respect the property of others?

Did I ever lie about anything?

Do I respect my teachers?

Have I done my work in school and at home?

Do I respect my body and take good care of it?

Do I show the old, sick or the lonely that I care about them?

Have I done anything else that I knew was wrong?