

STEPS TO RECONCILIATION

Pray that God help you to know your sins and that you are truly sorry for them.

Go into the Reconciliation Room, close the door and either sit next to the priest, or kneel behind the screen.

Father will greet you and say a prayer like, “May God help you to know your sins and to confess them with true sorrow.”

You begin by saying, “Bless me Father for I have sinned.” (Make the Sign of the Cross while you say that.) Then say about how long it has been since your last confession.

Say one or two of your more serious sins. Then say something like, “I am sorry for these and all my sins.”

Father will give you a penance (prayers or something to do to make up for the wrong you have done.)

Say an Act of Contrition to tell God you are sorry. (This prayer is written on cards in the Reconciliation room, or you can say a prayer of sorrow in your own words.)

Father will absolve you from your sins by saying something like, “Through the ministry of the Church, I absolve you from all your sins, in the name of the Father and of the Son and of the Holy Spirit.” (It is appropriate to make the Sign of the Cross when the words “Father, Son and Holy Spirit” are said.) Then you answer, “Amen.”

Then you are finished and ready to leave. You may want to thank Father before you leave.

Go into church when you leave the Reconciliation Room and thank God for forgiving you. Then do your penance.