

Process of Reconciliation

- 1) We must be truly sorry for our sins.
- 2) We ask for forgiveness by confessing our sins to a priest.
(John 20:19-23, Matthew 16:18-20)
- 3) We accept and agree to do penance (Prayers or Good Deeds).
- 4) We make a firm decision not to do the same sin again.
- 5) The priest prays the prayer of *absolution*.

This is what you say to start Reconciliation.

Bless me Father, for I have sinned. It has been _____ years/months since my last confession. My sins are...

[

Say what you did, and if you remember the frequency you did them (i.e. I stole bubble gum from my sister 5 different times).

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You can keep it simple – Say the ways you haven't followed the two greatest commandments: to love God, neighbor and yourself.

I usually ask for forgiveness of sins that I may not remember at this time. If you do recall them at a later point, and they are serious, you will need to go to reconciliation.

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 intend, 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.

Things to keep in mind:

- Jesus already paid the price for all of your sins. You only need to ask for forgiveness.
- In this sacrament we CELEBRATE that our sins are actually forgiven by God.
- By confessing our sins, we also restore our relationship with God and the Church community.
- Priests cannot say anything to anyone about your sins (i.e. they cannot tell your parents that you did any of the sins you tell him).
- A goal of reconciliation is to transform ourselves to be more accepting of God's will. We want to move from being self-centered to God-centered. The penance you receive is to help in this process.