

HOW TO MAKE THE SACRAMENT OF RECONCILIATION

Remember — you do NOT have to be Catholic to examine your conscience, talk to a priest and receive a blessing!

If you ARE Catholic — after examining your conscience — you may make the Sacrament of Reconciliation FORMALLY or INFORMALLY.

The informal way is to just go in and speak with the priest and he will guide you through the Sacrament.

The formal way is written out for you below:

YOU: “Forgive me, Father, for I have sinned.
My last confession was (how long?) _____ ago.
I am sorry for (list your sins) _____.
I am sorry for these and all my sins.

PRIEST: <He’ll talk with you about how you’re doing>, and then he will ask you to make an Act of Contrition. If you don’t know an Act of Contrition — you can make one up telling God you are sorry. You may also use the one below.

YOU: O God,
I am sorry for anything I have done to hurt you or any person.
I know I should show my love for you
in the way I treat the people and things you have given me.
Help me to do penance and avoid things that lead me to sin.
In the name of Jesus Christ, who suffered for us all, have mercy on me.
Amen.

The priest will give you a penance and grant you absolution for your sins. As he makes the Sign of the Cross over you — you should also make the sign of the cross. The priest will tell you to “Go In Peace,” and you may tell him Thank You!

Please do the penance assigned to you, take some time for yourself in prayer, say thank you to God for His forgiveness, or simply remain silent until your family returns from Reconciliation — or until you are given more directions.

This is a sacrament!