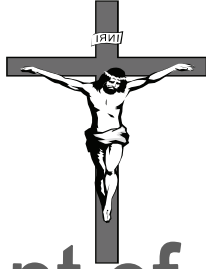


# How Do We Celebrate The Sacrament of Reconciliation



1. Preparation is important. Review an Examination of Conscience (like the one on the opposite side of this paper) or in some other way think through what you need healing and forgiveness for right now. If you have a Scripture reading from the upcoming Sunday that speaks to you, bring it in with you.
2. Enter the Reconciliation room and go face-to-face if possible or stay behind the screen.
3. Greet the priest, make the sign of the cross. If the priest prays a short prayer, end with “Amen.”
4. Share the reading from Scripture you’ve chosen or listen as the priest reads from the Bible.
5. Confess your sins, beginning with how long since last celebrating the sacrament. Accept the penance assigned to you. If unclear about it, ask the priest to clarify.
6. Express your sorrow in your own words or use an Act of Contrition or Sorrow such as:  
*“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.”*
7. Open yourself to the healing and mercy of God as the priest places a hand on your head and prays the absolution:  
*“God, the Father of mercies, through the death and resurrection of his Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God give you pardon and peace. I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”*
8. If the priest ends with “Give thanks to the Lord, for he is good,” respond, “His mercy endures forever.” When the priest dismisses you with “Go in peace” you are to respond “Thanks be to God”. Then take a few minutes in quiet prayer in the church.

**NOTE: Small pocket-sized copies of this are available in the parish office.**

# Examination of Conscience: Celebrating the Love of Our Father



## ***Our Father who art in heaven hallowed be Thy name...***

- Have I forgotten that God loves me with the heartfelt love of a proud parent?
- Do I believe that since my Baptism I have been called and chosen as 'a beloved son/daughter of God'?
- Do I take time for joining the Christian community in Sunday liturgy?
- Do I take time for rest from my labors so as to remember that God is the source and giver of all?
- Do I keep holy the name of the Lord?

## ***Thy Kingdom come...***

- Have I been preoccupied and self-absorbed, forgetting those around me?
- Do I see myself as helping to build up the Kingdom of God along with others and the Lord?
- Am I letting Jesus lead me to the Kingdom of the Father?
- Am I respectful of the earth, God's creation?

## ***Thy will be done on earth as it is in heaven...***

- Do I cooperate with God's plan of mercy by breaking the cycle of revenge?
- Do I pray and listen for God's will of love?
- Do I concentrate too much upon my life in this world and forget about life in the world to come?
- Have I done all that is possible to prevent unnecessary suffering and do I fight against injustice?

## ***Give us this day our daily bread...***

- Do I nourish myself daily on the Word of God?
- Has my selfishness turned our bread into my bread?
- Am I concerned about the hunger of others—in far off lands and close at hand?
- Do I prize the Eucharist as the bread of life?

## ***Forgive us our trespasses as we forgive those who trespass against us...***

- Do I judge others?
- Do I actively practice forgiveness, following the model of Jesus?
- Do I allow God to strengthen me so that I may forgive more easily?

## ***And lead us not into temptation...***

- Do I accept responsibility for not avoiding temptations?
- Have I been a source of sin for another?
- Am I grateful to God for all the gifts of the world?

## ***But Deliver us from evil...***

- Do I try to conquer evil with goodness or do I ignore it and hope it just goes away?
- Am I gentle and non-violent?
- If my neighbor is hungry, do I give food? If my neighbor is thirsty, do I give drink?
- Do I pray, "Father, forgive those who hurt me"?