

HOW TO RECEIVE THE SACRAMENT OF RECONCILIATION



A. BEFORE:

1. Ask for God's help.
2. Think of your sins. Remember the 10 Commandments.
Do I pray or turn my thoughts to Jesus frequently?
Do I really love people? Do I lie?
Have I taken something that did not belong to me?

B. WITH THE PRIEST:

1. Sign of the Cross.
2. Say, "Bless me Father for I have sinned.
This is my first confession or it has been _____ since my last confession".
3. Tell my sins to the Priest. I am sorry and I want to be a better person.
4. Pray the "Act of Contrition" when Father asks me to.
5. Listen closely to the Priest.

C. AFTER:

1. Return to my seat. Pray or do my penance.
2. Thank God for the Sacrament 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. Amen.