

## GROUP RECONCILIATION

### ACT OF CONTRITION

(Prayer of Sorrow)

**Oh My God, I am sorry for my sins. In choosing to do wrong, and failing to do good, I have sinned against You and Your Church.**

**I firmly intend with the help of Your Son to make up for my sins and to love as I should. Amen.**

### RECONCILIATION FORM

Enter and close the door. Sit or kneel.

1. Make and say the *Sign of the Cross* – **In the name of the Father and of the Son and of the Holy Spirit. Amen.**
2. Say, **“Bless me Father for I have sinned. It has been \_\_\_\_\_ months since my last confession. My sins are .....”** Tell the priest your bad choices (sins).
3. Then say, **“I am sorry for these sins and all my sins.”**
4. Wait for the priest to give you your penance.
5. Say the *Act of Contrition*
6. Father will absolve you of your sins, and say, “Your sins are forgiven, go in peace.”  
You say, **“Amen”** and **“Thank you Father.”**
7. Then leave....leave the door open behind you.

1. ***I am the Lord your God. You shall not have strange gods before me.***
  - Do I give time every day to God in prayer?
  - Do I put my trust in superstitions, good luck charms, rather than God alone?
  - Have I rejected any Church teaching or denied that I was a Catholic?
2. ***You shall not take the name of the Lord your God in vain.***
  - Have I used the words "God" or "Jesus" in anger or irreverently?
  - Have I used foul or ugly language? Have I wished evil on another?
3. ***Remember to keep holy the Lord's day.***
  - Have I missed Mass on Sunday or any holy day of obligation?
  - Do I arrive at church late or leave early?
  - Do I try to be reverent and pay attention during Mass?
  - Do I avoid unnecessary work on Sunday?
  - Do I make Sunday a day of prayer or rest?
4. ***Honor your father and your mother.***
  - Do I respect and obey my parents?
  - Have I dishonored or mistreated them by word or deed?
  - Am I willing to help around the house or must I be nagged a hundred times?
  - Do I try to get along with my brothers and sisters?
  - Am I a tattletale or bully?
  - Do I give a good example, especially to younger siblings?
  - Do I respect others in authority: priests, nuns, police, old people, baby-sitters?
5. ***You shall not kill.***
  - Do I beat up others or hurt their bodies?
  - Do I say cruel things, or make fun of others to hurt their feelings?
  - Do I say mean things about others behind their backs?
  - Have I stopped speaking to anyone?
  - Do I encourage others to do bad things?
  - Do I try to love all people, born and unborn?
6. ***You shall not commit adultery.***
  - Do I treat my body and other people's bodies with purity and respect?
  - Do I look at television shows, movies, or pictures that are bad?
  - Am I modest in my speech and the clothes I wear?
7. ***You shall not steal.***
  - Have I taken things that were not mine from a store or another person?
  - Have I destroyed or misused another person's property for fun?
  - Do I return things that I borrow? In good condition?
8. ***You shall not commit false witness against your neighbor.***
  - Am I honest in my school work?
  - Do I tell lies to make myself look good?
  - Do I tell lies to protect myself from punishment?
  - Do I tell lies that make another person look bad or get them in trouble?
9. ***You shall not covet your neighbor's wife.***
  - Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
  - Do I get mad when I have to share my friends?
  - Are there kids I will not play with or be mean to because they look different?
10. ***You shall not covet your neighbor's goods.***
  - Am I jealous or envious of the things or abilities that others have?
  - Am I thankful to God and my parents for what they have given me?
  - Do I share the things I have with my family, friends and poor people?