



My Guide to

RECONCILIATION

EXAMINATION OF CONSCIENCE

Before you head into the confessional, take some time to prepare yourself with an examination of conscience, which involves reflecting prayerfully on one's thoughts, words, and deeds in order to identify any sins.

There are various types of examinations of conscience, but regardless of which one you use, it should be rooted in Scripture; particularly, the Ten Commandments or the Beatitudes. Here are two examples of Examinations of Conscience that can help you prepare for the Sacrament.

Once you pray an act of contrition, bow your head as the priest extends his arm out towards you to absolve your sins.

In order for it to be a valid sacrament, the priest must say the words, "I absolve you."

After he ends his absolution, answer:

Amen.

After receiving absolution, the priest will say "Give thanks to the Lord for he is good."

You respond with

For his mercy endures for ever.

The priest dismisses you with the words, "The Lord has forgiven your sins. Go in peace." You may leave the confessional and go into the church to do your penance.



Prayer #10: Lord Jesus,
who chose to be called the friend of
sinners.
through the mystery of your Death and
Resurrection,
free me from my sins.
May your peace grow strong in me,
That I may bear the fruits of charity,
justice, and truth.

Prayer #11: O my God,
I am heartily sorry for having offended you,
and I detest all my sins because of your
just punishments,
but most of all because they offend you,
my God,
who are all good and deserving of all my
love.
I firmly resolve, with the help of your
grace,
to sin no more
and to avoid the near occasions of sin.

Based on Responsibilities to God and to others:

Have I prayed every day?

Have I prayed my morning prayers and night prayers?

Have I prayed with my parents and family?

Have I been moody and rebellious about praying and going to church on Sunday?

Have I asked the Holy Spirit to help me whenever I have been tempted to sin?

Have I asked the Holy Spirit to help me do what is right?

Have I been obedient and respectful to my parents?

Have I lied or been deceitful to my parents or to others?

Have I been arrogant, stubborn or rebellious?

Have I talked back to parents, teachers or other adults?

Have I pouted and been moody?

Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?

Have I gotten angry at them? Have I hit anyone?

Have I held grudges or not forgiven others?

Have I treated other children with respect or have I made fun of them and called them names?

Have I used bad language?

Have I stolen anything? Have I returned it?

Have I performed my responsibilities, such as homework and household chores?

Have I been helpful toward my family?

Have I been kind and generous with my friends?

Based on the Ten Commandments

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation?

Do I avoid, when possible, work that impedes worship to God or joy for the Lord's Day?

Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents respect?

Do I seek to maintain good communication with my parents where possible?

Do I criticize them for lacking skills I think they should have?

Prayer #8: Lord Jesus Christ, Lamb of God, who take away the sin of the world, through the grace of the Holy Spirit be pleased to reconcile me with your Father;
cleanse me in your Blood from every fault and make me fully alive to the praise of your glory.

Prayer #9: Lord Jesus, who opened the eyes of the blind, healed the sick, forgave the sinful woman, And, after his denial, confirmed Peter in your love,
hear my plea:
forgive all my sins,
renew me in your love,
and grant that I may live in perfect communion with my brothers and sisters and so proclaim your salvation to all.



Prayer #4: Wash me, O Lord, from my iniquity
and cleanse me from my sin.
for I acknowledge my offense;
my sin is before me always.

Prayer #5: Father, I have sinned against you.
and I am not worthy to be called your son.
be merciful to me, a sinner.

Prayer #6: O God, most merciful Father,
like the Prodigal Son, I turn to you and say:
I have sinned against you;
I am no longer worthy to be called your child.
O Jesus Christ, Savior of the world,
Like the thief to whom you opened the gates
of paradise, I beg you:
Lord, remember me in your Kingdom.
To whom you promised paradise:
Lord, remember me in your kingdom.
O Holy Spirit, fount of love,
with trust I call upon you:
Purify me;
make me walk as a child of the light.

Prayer #7: Have mercy on me, O God,
according to your merciful love;
turn your face from my sins
and blot out all my guilt;
create a pure heart in me, O God,
Renew an upright spirit deep within me.

You shall not kill.

*Have I harmed another through physical, verbal, or
emotional means, including gossip or manipulation of any kind?*

You shall not commit adultery.

*Have I respected the physical and sexual dignity of others and
of myself?*

You shall not steal.

*Have I taken or wasted time or resources that belonged to an-
other?*

You shall not bear false witness against your neighbor.

*Have I gossiped, told lies, or embellished stories at the expense
of another?*

You shall not covet your neighbor's spouse.

*Have I honored my spouse with my full affection and exclusive
love?*

You shall not covet your neighbor's goods.

*Am I content with my own means and needs, or do I compare
myself to others unnecessarily?*

ONCE YOU ENTER THE CONFESSIONAL

First make a sign of the cross (either initiated by you, the penitent, or the priest).

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

The priest invites you to trust in God with a blessing.

You will respond after the blessing by saying
Amen.

Then you state your sins.

After you state your sins, the priest gives you your penance. You need to remember the penance.

The priest will then invite you to express sorrow for your sins by praying your act of contrition.

After you pray your act of contrition, turn to page 10.



ACT OF CONTRITION PRAYERS

There are various prayers for the Act of Contrition. You can choose any one of the following. Please be sure to pray it loudly enough that the priest will be able to hear you.

Prayer #1: Lord Jesus, Son of God,
Have mercy on me, a sinner.

Prayer #2: O my God,
I am sorry and repent with all my heart
for all the wrong I have done
and for the good I have failed to do,
because by sinning I have offended you,
who are all good and worthy to be loved
above all things.
I firmly resolve, with the help of your grace,
to do penance,
to sin no more,
and to avoid the occasions of sin.
Through the merits of the Passion of
our Savior Jesus Christ,
Lord, have mercy.

Prayer #3: Remember, Lord, the compassion and mercy
you showed long ago.
Do not recall my sins and failings.
In your mercy remember me, Lord,
because of your goodness.