



A GUIDE TO THE Sacrament of Reconciliation

WHAT HAPPENS IN THE

SACRAMENT OF RECONCILIATION?

Before you go to confession you should make an **examination of conscience** (there's one on the back of this card).

Go to the priest, some people like to say 'Forgive me Father, I have sinned' if you can remember, tell the priest how long it has been since your last confession.

Then begin to **tell the priest your sins**. Try not to leave anything out, don't worry, the priest is not going to judge you. He is bound by the 'sacramental seal' and cannot tell anyone else. Once you have finished, the priest will ask you to say '**an act of contrition**'. He will then pray the '**prayer of absolution**', reconciling us with God and the Church.

'Jesus himself instituted the sacrament of Reconciliation when he showed himself to his apostles on Easter day and commanded them, "RECEIVE THE HOLY SPIRIT. IF YOU FORGIVE THE SINS OF ANY, THEY ARE FORGIVEN; IF YOU RETAIN THE SINS OF ANY, THEY ARE RETAINED" (John 20:22a-23)' [YouCat 227]

ACT OF CONTRITION

'Oh my God, because you are so good, I am very sorry that I have sinned against you and with the help of your grace I will not sin again. Amen'



An Examination of Conscience

BASED ON THE TEN COMMANDMENTS

1. YOU SHALL HAVE NO OTHER GODS BESIDES THE LORD YOUR GOD.

~ Do I put God first in my life? ~ Do I rely on money and possessions more than God?

~ Have I neglected prayer? ~ Have I been

involved in the occult or relied on horoscopes?

2. YOU SHALL NOT TAKE THE LORD YOUR GOD'S NAME IN VAIN.

~ Have I used God's name in anger, as a curse or without thinking?

3. KEEP THE SABBATH DAY HOLY.

~ Have I deliberately missed mass on Sundays or holy days of obligation?

4. HONOUR YOUR FATHER AND YOUR MOTHER.

~ Have I lied to my parents, guardians or those who care for me? ~ Do I respect those in authority? (e.g teachers, my boss, coaches etc)

5. YOU SHALL NOT KILL.

~ Have I committed murder? ~ Have I been involved in any illegal activity? (e.g taking

illegal drugs) ~ Have I killed a relationship with someone by holding a grudge or refusing to forgive?

6. YOU SHALL NOT COMMIT ADULTERY.

~ Do I try to be pure in my words and actions?

~ Have I deliberately watched or read impure media?

7. YOU SHALL NOT STEAL.

~ Have I stolen anything? ~ Have I gambled excessively? ~ Do I share what I have with those in need?

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOUR.

~ Do I gossip about others? ~ Have I shared another's secrets? ~ Have I lied or been unauthentic with others?

9. & 10. YOU SHALL NOT ENVY YOUR NEIGHBOUR'S WIFE AND GOODS.

~ Am I jealous of others? ~ Do I put other people down?