

Sacrament of Reconciliation Steps for Individual Reconciliation

1. Preparation

An Examination of Conscience (refer to other side)

2. Welcome/Greeting

Make the Sign of the Cross

*Priest: In the name of the Father, and
of the Son, and of the Holy Spirit.*

Amen.

Bless me, Father, for I have sinned.

My last Confession was . . . (This is my First Confession . . .)

3. Sharing the Word of God (sometimes)

4. Confession and Penance

These are my sins . . .

5. Penitent's Prayer & Priest's Absolution

Pray an Act of Contrition

*O my God,
I am sorry for my sins.
In choosing to sin,
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.*

6. Praise & Dismissal

Thank God and the priest.

If your penance is a prayer, go quietly to the pew and kneel as you pray. If it is an action, do it as soon as possible.

Examination of Conscience

My love for God

Is God number one in my life?

Do I thank God for all the blessings in my life?

Do I use God's name respectfully?

Do I pray? Do I worship God on Sundays?

Are material things more important to me than God?

My love for myself

Do I care for my health? Do I respect my body?

Do I improve my talents by study and practice?

My love for others

Do I treat others fairly and with respect?

Do I obey my parents and those responsible for me?

Do I tell the truth?

Do I respect others' bodies and belongings?

My love for the world

Do I use things with care?

Do I respect the environment?

Do I share what I have with those who have less?