

Receiving the Sacrament

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

Priest: May the Lord bless you and help you to make a good confession. (or similar words)

Penitent: Bless me, Father, for I have sinned. My last confession was _____. My sins are _____. I am sorry for all my sins.

Priest: (gives penance)

Penitent: (makes the Act of Contrition)

Priest: (says the Prayer of Absolution)

Priest: Give thanks to the Lord for He is good.

Penitent: His mercy endures forever.

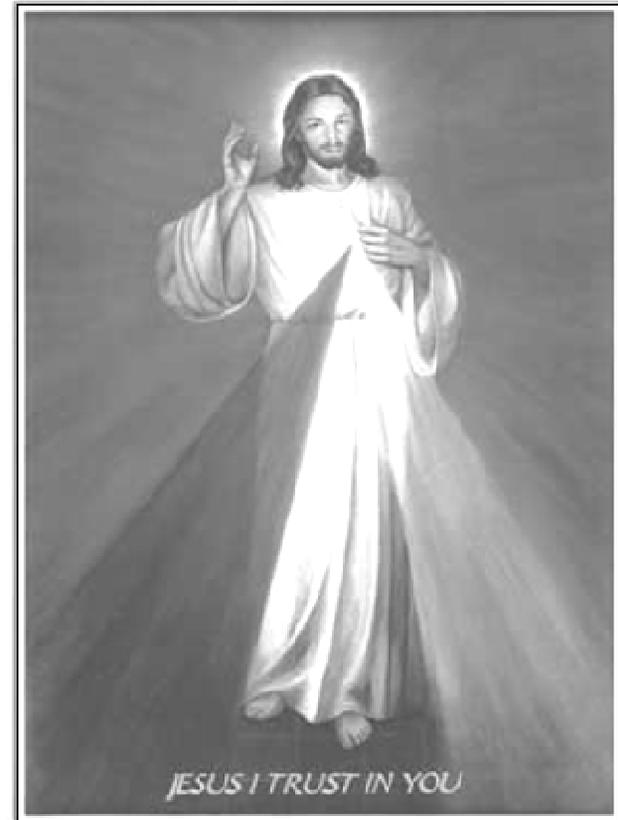
Priest: Your sins are forgiven; go in peace. (or similar words)

Penitent: Thanks be to God. Thank you, Father.

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.

Guide for the Sacrament of Reconciliation



For Children

An Examination of Conscience based on the 10 Commandments

1) I am the Lord, your God, you shall have no other God's besides me.

Did I put anything else above God?
Did I refuse to believe in God?
Did I pray every day?

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

Did I take God's name in vain?
Did I use bad language?

3) Keep holy the Lord's Day.

Did I miss Mass on Sunday or Holy Day?
Am I always reverent in the presence of Jesus in the Eucharist?
Did I participate in Mass?
Did I do unnecessary work on Sunday?
Did I receive Holy Communion in a state of mortal sin?
Did I receive communion without fasting from food or drink?

4) Honor your father and your mother.

Did I disobey or disrespect my parents?
Did I disobey or disrespect my priest, teachers, or others in authority?
Do I fight with my brothers and sisters?
Do I avoid spending time with my family?

5) You shall not kill.

Did I fight with anyone?
Did I tempt someone else to sin?
Was I impatient?
Do I help people?
Do I take care of my body by eating healthy, exercising, and getting rest?

6) You shall not commit adultery. 9) You shall not covet your neighbor's wife.

Did I tell impure or degrading stories/jokes?
Have I looked at impure images?
Have I committed impure actions?

7) You shall not steal. 10) You shall not covet your neighbor's goods.

Did I steal?
Did I cheat?
Was I greedy?
Did I work hard in school?
Do I do my chores to the best of my ability?
Was I envious or jealous of anyone?

8) You shall not bare false witness against your neighbor.

Did I tell lies?
Did I say unkind things?
Did I gossip or reveal a secret?