

Receiving the Sacrament of Reconciliation

1. Go into the reconciliation room and close the door.
2. Sit on the chair by Father or kneel on the kneeler behind the screen.
3. Make the Sign of the Cross (with Father) and say
In the name of the Father, and of the Son and of the Holy Spirit. "Bless me Father for I have sinned, my last confession was ____" (say how long since your last confession, weeks/months or since Lent/Advent)
And these are my sins...
4. Tell your sins (include number of times)
5. Finish by saying
"For these and all my sins I am truly sorry."
6. Listen carefully as Father talks. Remember what he says you should do for your penance.
7. Pray an Act of Contrition

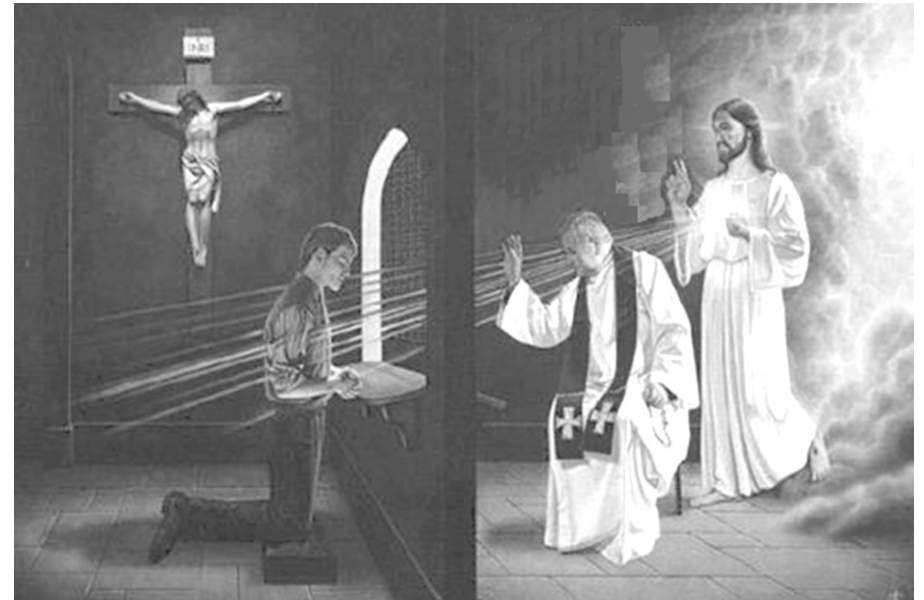
O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishment but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasion of sin. Amen.

8. Listen as Father absolves you from your sins.
(Make the Sign of the Cross with Father) say **"Amen"**
9. Say **"Thank you, Father"**
10. Leave the door open after you leave. Return to your pew, kneel and do your penance.

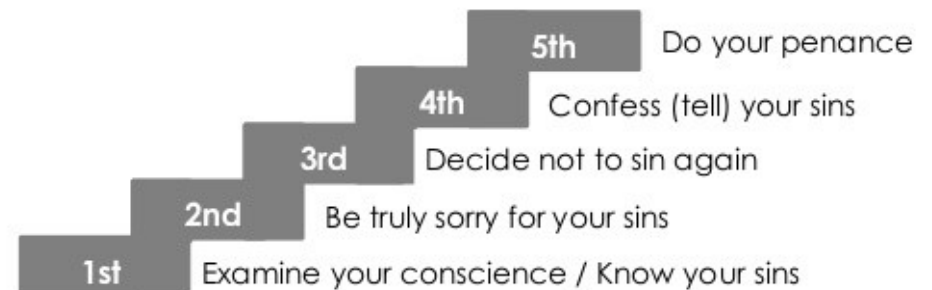
Prayer After Confession

My Jesus, I thank You for washing away my sins in Your Precious Blood. Help me to accept my cross each day and not to hurt You. I love You with my whole heart and soul. Amen.

A student's guide to prepare for Reconciliation



The 5 steps to make a good confession:



Prayer Before Confession

Come Holy Spirit, give me Your light to see my sins, and give me Your help to be sorry for them. Show me why I sinned. Help me never again to sin on purpose. Amen.

An Examination of Conscience (to know my sins)

Serious sin must be confessed at least once a year and should be confessed as soon as possible after it is committed. We sin through our actions, our thoughts, our words and by what we should do but don't (what we fail to do). Ask yourself if you have sinned in these ways as you think about the following:

1. I am the Lord your God, You shall not have strange gods before me.

- Do I pray to God every day?
- Do I pay attention when I pray?
- Do I put my trust in God alone or in good luck charms or superstitions?
- Have I rejected or ignored the Church teachings or denied Jesus?

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

- Have I used the words "God" or "Jesus" without respect or in anger?
- Have I used bad language? Have I wished evil on another?

3. Remember to keep holy the Lord's day.

- Have I missed Mass on Sunday or Holy Days?
- Do I arrive at church late or leave early?
- Do I pay attention during Mass or do I misbehave?
- Do I make Sunday a day of prayer and rest?
- Did I attend Mass and receive Eucharist during Easter time?

4. Honor your father and mother.

- Do I respect and obey my parents?
- Am I willing to help around the house or do I have to be asked over and over again to help?
- Have I been selfish or moody?
- Do I try to get along with my brothers and sisters?
- Am I hard to get along with? Am I a bully?
- Do I give a good example to others?
- Do I respect others in authority: priests, teachers, police, old people?

5. You shall not kill.

- Do I hit people when I get mad?
- Do I say mean things or make fun of others to hurt their feelings?
- Do I encourage others to do bad things?
- Do I hold a grudge or do I forgive others? Do I get angry?
- Do I try to love all people, born and unborn?

6. You shall not commit adultery.

- Do I treat my body (and others) with respect and purity?
- Did I watch bad tv shows or movies? Did I see bad things online?
- Am I modest in my speech and in the clothes I wear?
- Do I listen to music that leads me away from Jesus?

7. You shall not steal.

- Did I steal anything? Explain what it was.
- Have I destroyed or misused another person's property for fun?
- Do I return things that I borrow? In good condition?
- Have I cheated? If so, how many times?

8. You shall not bear false witness against your neighbor.

- Am I honest? At home? At school?
- Do I tell any lies?
- Have I cheated?
- Do I gossip about others or listen to gossip?

9. You shall not covet your neighbor's wife.

- Do I get mad when I have to share my friends?
- Are there kids I am mean to or will not play with because they are different than me?
- Do I allow my parents to spend time with each other?

10. You shall not covet your neighbor's goods.

- Am I jealous of the things that others have?
- Am I jealous of a special talent or ability a classmate has?
- 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 the poor?
- Have I been kind and generous with my family and friends?

Virtue is a habit to do good, vice is the habit of doing evil. Ask yourself how well you have practiced these virtues:

Theological Virtues: Faith, Hope, Charity (Love)

Cardinal Virtues: Prudence, Fortitude, Justice, Temperance

Humility	Respect	Generosity	Chastity
Brotherly Love	Meekness	Moderation	Diligence
Honesty	Understanding	Hospitality	Loyalty
Obedience	Responsibility	Patience	Perseverance
Modesty	Compassion	Friendship	Purity

The seven deadly sins, that should always be avoided are:
pride greed envy laziness lust wrath gluttony

PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and Holy Days
2. You shall confess your sins at least once a year
3. You shall receive the Eucharist at least once a year
4. You shall observe the days of fasting and abstinence
5. You shall help provide for the needs of the Church