

*"Oh my God, I am so sorry that I have sinned against you., because You are so good and with the help of your grace, I will try not to sin again." ...*

*"God our Father, I thank You for loving me. I am sorry for all my sins, for what I have done and for what I have failed to do. I will sincerely try to love You and others in everything I do and say. Help me walk in your light today and always." ...*

*"Father, I have sinned against you and am not worthy to be called your son/daughter. Be merciful to me, a sinner." ...*

*"Lord God, in your goodness have mercy on me, do not look on my sins but take away all my guilt. Create in me a clean heart and renew within me an upright spirit." ...*

AMEN.

- 8. Receive absolution as the priest says, "I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit." You respond by making the sign of the cross and saying "Amen"**

The priest raises his hand in blessing over you as these words are prayed.

- 9. The priest finishes by saying "Go in peace."**

You complete the reception of the Sacrament by performing your penance as directed.

## SOME HELPFUL PRAYERS

### The Lord's Prayer

Our Father who art in heaven hallowed be thy name  
Thy kingdom come, thy will be done on earth as it is  
in heaven. Give us this day our daily bread and forgive  
us our trespasses, as we forgive those who trespass  
against us. And lead us not into temptation, but  
deliver us from evil. Amen

### The Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed  
are you among women and blessed is the fruit of your  
womb, Jesus. Holy Mary mother of God, pray for us  
sinners, now and at the hour of our death. Amen

## The Sacrament of Reconciliation What, Why & How We Receive...



## WHAT IS THE SACRAMENT OF RECONCILIATION?

The Sacrament of Reconciliation is the process or steps we take in order to reunite ourselves with God. As human beings we all share the experience of weakness and the failure to be our best selves. When we intentionally fail to make a loving choice, that is, when we sin, we turn away in varying degrees from the unconditional love of God. This leaves us with a deep inner need for forgiveness and peace. The Sacrament of Penance heals and strengthens. It's celebration is known as 'the Rite of Reconciliation' and can be experienced in three ways...

**Rite 1:** Priest and Penitent

**Rite 2:** Priest, Faith Community and Penitent  
(most common form with children)

**Rite 3:** Priest and Faith Community

## WHAT IS SIN?

Sin is the conscious thought, act or deed we do against ourselves, others, the community and our loving God. When we sin, we go against the commandments of God and alienate (turn away) ourselves from him. In the Sacrament of Reconciliation we re-orient ourselves (turn back) and reunite with God.

Before we enter the reconciliation space, we prepare ourselves by reflection or examining our conscience and think about how we hope to change our behavior in the future. When we are ready, we begin our talk to God through his disciple (the priest). We confess (in all honesty) our sins, say what we will do to make amends and how truly sorry we are by saying the act of contrition. When we are done, we are given absolution (forgiveness) through the power of the Holy Spirit and are reunited with God.

## WHY SHOULD WE RECEIVE THIS SACRAMENT?

During the Sacrament of Reconciliation, we have a personal encounter with our loving and merciful God through the agency of the priest. This tangible experience of being welcomed, listened to as we name our sins, counselled, hearing the words of forgiveness in absolution and blessing, and completing a penance are each important and liberating elements of the process that makes up this Sacrament. As human beings we receive the world through our senses. The intimacy of this one on one experience is powerful, transformative and redemptive. Through the physical presence, the spoken words and actions of the priest, we are healed, nourished and strengthened to continue our journey as a disciple of Jesus in the world.

## HOW WE RECEIVE INDIVIDUAL RECONCILIATION?

### 1. **Prepare with an Examination of Conscience**

This is a personal reflection of your life and is usually best done in the hour before you receive the Sacrament.

### 2. **Enter the Reconciliation room/space**

This may be in a chapel, a confessional box or a room set aside for the sacrament in the presbytery. You can choose usually which you prefer: face to face or anonymity behind a screen.

### 3. **The priest will greet you and together you begin by praying the Sign of the Cross**

He will invite you to trust in God. He may read a passage of scripture.

### 4. **You say, "Bless me Father for I have sinned. It is \_\_\_\_\_ since my last confession ..."**

You nominate approx. how long it has been. It's OK to say that it's been so long you can't remember and that you feel nervous!

### 5. **"These are my sins ..."**

Confess all the sins you are carrying, starting with the heaviest and proceeding to the more trivial. Be clear and brief in explaining any relevant details.

### 6. **Listen to the priest's help and counsel and receive a relevant penance**

Penance is an act of kindness or formal prayers to pray or both. Some formal prayers are included overleaf.

### 7. **The priest will ask you to express your sorrow, usually by making an Act of Contrition**

Here are a few different ones to choose from; only choose one to say. Be and feel sorry as you speak...