

Sacrament of Penance

Think of your sins and any areas in your life which are in need of God's forgiveness.

Spend some time preparing yourself for Reconciliation.

When it is your turn go up to the Priest and say:

**Bless me Father for I have sinned
this is my first confession**

(___ weeks / months since my last confession)

Father I am sorry for(name what you are sorry for...) and all my sins.

After you have said all your sins the Priest gives you some advice and a penance to help you stay closer to God. Then you pray an Act of Contrition:

**O my God, I am very sorry
that I have sinned against you.
Because you are so good
and with the help of your grace,
I will not sin again.**

The Priest prays the Prayer of Absolution which takes away your sins. Listen to him and at the end make the sign of the cross.

The Priest says:

Go in Peace, your sins are forgiven.

You say:

Thank you Father.





Examination of Conscience

- Have there been days when I have not prayed?
- Instead of letting God draw me closer, have there been times when I have been talkative or uncooperative during Mass?
- Instead of letting God help me to love my parents and other family members as Jesus does, have I disobeyed or been disrespectful of my parents or to those who help them care for me?
- Have I fought or been uncooperative with family members?
- Instead of being friendly towards others, like Jesus, have I called others names?
- Have I let others join in games?
- Have I made fun of anyone who looks different?
- Instead of being kind to others when they were feeling sad, upset or left out, have I not cared for them?
- Have I joined people who have picked on others?
- Instead of forgiving others as Jesus does, do I hold grudges or want to get back at someone?
- Instead of caring for my health like Jesus who loves me, have I been careless about looking after myself?
- Instead of respecting what belongs to others, have I stolen or not returned what is not mine?
- Instead of always telling the truth, like Jesus, have I told lies or made up stories about others?

