

## GETTING READY FOR RECONCILIATION

### **Which sins do I need to confess?**

All the mortal sins that you can remember or anything that weighs heavy on your heart.

### **What are the three qualities of a mortal sin?**

A sin is mortal if it has grave matter, full knowledge and free consent.

### **What is “grave matter”?**

Grave matter means that you broke one of the 10 commandments.

### **How do we break the 10 Commandments?**

We break one of the commandments by sinning against it directly (e.g. murdering someone) or committing a sin close to them (e.g. attacking someone or hating them in our hearts).

### **What is “full knowledge”?**

Deliberate intent means that you knew what you were doing, and knew that it was wrong.

### **What is “free consent”?**

Free consent means that you did what you did on purpose, not by accident, and that you chose freely to do it, and weren't forced against your will.

## HOW TO MAKE A GOOD CONFESSION

### **STEP ONE: EXAMINATION OF CONSCIENCE**

1. Start by asking God to help you make a good confession.
2. Make a list of all the sins you've committed since your last confession, and the number of times you did each thing.

Use the 10 commandments to help you remember.

Look through the attached examination of conscience.

3. Write down your list and pray on them. What are the things you've done that weigh heaviest on your heart? That's what you should bring to the sacrament.
4. For each of your sins, ask yourself why you did it, and how you are going to avoid doing it again in the future.

## **STEP TWO: CONFESSION**

1. Go to the priest.
2. Make the sign of the cross. **“In the name of the Father, and of the Son, and of the Holy Spirit.”**
3. Say **“Bless me, father, for I have sinned. It’s been \_\_\_\_\_ since my last confession.”**
4. Say your sins to the priest.

You don’t need to go into detail with your sins. The priest doesn’t need to hear the whole story, just what you did wrong.

5. When you’re done telling the priest your sins, he will give you some spiritual advice, and then assign you a penance.

*REMEMBER YOUR PENANCE!*

6. Tell the priest you will do the penance and say the 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 died for us.**

**In his name, my God, have mercy. Amen**

7. The priest will absolve you: “I absolve you, in the name of the Father, and of the Son, and of the Holy Spirit.”

8. Make the sign of the cross as he absolves you and say, **“Amen!”** when he is done.

*YOUR SINS ARE GONE*

## **STEP THREE: PENANCE**

1. Go immediately to a quiet place (somewhere in the church) to pray.
2. Thank God for his Love and Forgiveness.
3. Ask for strength to keep from sinning again.

#### 4. DO YOUR PENANCE BEFORE YOU LEAVE!

##### **EXAMINATION OF CONSCIENCE**

When we prepare to receive the sacrament of reconciliation, we are asked to think about those things that crop up over and over in our lives, things we can't seem to do right or stop doing. It is these sins and failings that we should confess and it is for these things that we need God's love and forgiveness.

How am I as a child of God? Do I talk to God every day? Do I try to learn about God from my parents and teachers and from going to Mass? Do I forget to be thankful to God for all of the good things I've received in my life?

How do I act in my family? Do I treat my family – my mom and dad, my brothers and sisters – in an unloving or disrespectful way? Do I always try to get my own way? Do I help with family chores? Do I try to give joy to my parents and sisters and brothers? Am I grateful for all they do for me?

What kind of friend am I? Do I treat my friends with respect? Do I keep secrets and do I defend my friends when others talk about them? Do I insult or hurt people in school or anywhere else by the way that I've treated or acted toward that person?

What kind of student am I? Do I try my best? Do I cooperate with the teachers and with my classmates? Do I do my homework and other schoolwork the best I can? Do I ever cheat or disrupt the class?

Do I have serious faults? Do I ever purposely lie or steal? Do I make up stories about others to get them in trouble? Do I demand expensive things from my parents? Do I destroy my own belongings or those of others? Do I insult or hurt people in school or anywhere else by the way that I've treated or acted toward that person? Do I ignore or fail to respond generously to opportunities to serve others?

Is there something I do often that wasn't mentioned at all? What is it? No matter how many times you fail, God always accepts your heartfelt sorrow and forgives you. The important thing is to be aware of your failings and try hard to change.

BACK  
Continue