

HOW TO CELEBRATE



Reconciliation

This is my commandment, that you love one another as I have loved you. JOHN 15:12

1

In the name of the Father, and of the Son, and of the Holy Spirit, Amen. †



Amen.

† In the name of the Father, and of the Son, and of the Holy Spirit, Amen.



THE PRIEST MAY SAY THESE OR SIMILAR WORDS:

May God, who has enlightened every heart, help you to know your sins and trust in his mercy.

A SHORT TEXT OF SCRIPTURE MAY BE READ.

2

YOU CONFESS YOUR SINS TO THE PRIEST, SIMPLY AND SINCERELY:

My sins are _____, _____, _____



WHEN YOU HAVE FINISHED, SAY:

For these and all my sins, I am truly sorry.



THE PRIEST GIVES SOME WORDS OF ADVICE OR ENCOURAGEMENT.

HE GIVES YOU PENANCE, AND INVITES YOU TO PRAY AN ACT OF CONTRITION.

3

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 Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.



YOU MAKE THE SIGN OF THE CROSS WITH THE PRIEST †



THE PRIEST EXTENDS HIS HANDS OVER YOU AND GIVES YOU ABSOLUTION IN THE NAME OF JESUS.

..., I absolve you from your sins, in the name of the Father, and of the Son, + and of the Holy Spirit.

4

Thanks be to God.



YOU MAY NOW GO TO DO YOUR PENANCE AND THANK JESUS FOR GIVING YOU HIS NEW LIFE OF GRACE.



Go in the peace of Christ.

PREPARING FOR

Reconciliation

Examination of Conscience

1

Jesus says, “This is my commandment, that you love one another as I have loved you.”

Ask the Holy Spirit to help you to love as Jesus loves us. Then say this prayer:

Come, Holy Spirit
Come, Holy Spirit
Come, Holy Spirit

2

Answer honestly the following questions:

- Have I used God’s name and the name of Jesus with respect?
- Have I honoured God by saying my prayers?
- Have I done my best to pay attention at Mass and to pray and sing with my parish?
- Have I shown love to my parents and others who care for me by listening to them and always doing as they ask?
- Have I lied to my parents or teachers?
- Have I been helpful to my brothers and sisters? Have I been mean to them?
- Have I treated others in a kind and friendly way? Or, have I been mean to others?
- Have I played fairly?
- Did I call names or tell lies about someone?
- Did I share my things with others?
- Have I treated the belongings of others carefully? Have I taken what does not belong to me?

Source: Celebrate and Remember Reconciliation,
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