




HOW TO *celebrate*


RECONCILIATION

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.

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.



2



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.



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.

YOU MAKE THE SIGN OF THE
CROSS + WITH THE PRIEST

4

Thanks be to God.



Go in the peace of Christ.

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

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 in your heart the following questions based on “The 10 Commandments”:

1. Have I remembered to pray and talk to God each day?
2. Have I spoken God’s name or Jesus’ name without love and respect?
3. Have I done my best to listen and join in the prayers and songs at Mass?
4. Have I listened and shown respect to my parents and those who care for me?
5. Have I been kind and caring to all people, and taken care of creation?
6. Have I taken care of my body and respect the bodies of others?
7. Have I taken anything that does not belong to me without asking?
8. Have I always told the truth?
9. Have I been jealous of my friends?
10. Have I been thankful for what I have or have I been jealous of what others have?



THE KINGDOM OF
HEAVEN BELONGS
TO SUCH AS THESE.
Matthew 19:14