

HOW TO CELEBRATE RECONCILIATION

1. Examine your conscience before going to confession, praying that you may make a good confession and asking for the guidance of the Holy Spirit.
2. Say “**hello**” to Father, or you may say, “**Bless me Father, for I have sinned.**” You make the sign of the cross together. You say “**Amen**” after he prays for you.
3. Tell Father that this is your first confession (or how long it has been since your last confession). Then tell your sins. When you are finished, say, “**For all my sins, I am sorry.**”
4. Father gives you advice and a penance, which you accept.
5. You say an Act of Contrition. (This prayer is not said after a communal prayer service, since it is said with the congregation.)
6. Father absolves you, and makes the sign of the cross with you again. You answer, “**Amen.**”
7. If Father may says, “Give thanks to the Lord for he is good,” your answer is, “**His mercy endures forever.**”
8. Father says, in these or similar words, “The Lord has freed you from your sins. Go in peace.”
9. You can say “**thank you**” when you get up to go. Do/say your penance as soon as you can.

AN 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 suffered and died for us.
In His name, my God, have mercy.

*There are many different Acts of Contrition prayers. If you know another one, use that one! The important thing is to be sorry for your sins, to make a promise to right your wrongs, and to commit to being and doing better.