



My Guide to

# RECONCILIATION



Once you pray an act of contrition, bow your head as the priest extends his arm out towards you to absolve your sins.

## EXAMINATION OF CONSCIENCE

*Before you head into the confessional, take some time to prepare yourself with an examination of conscience, which involves reflecting prayerfully on one's thoughts, words, and deeds in order to identify any sins.*

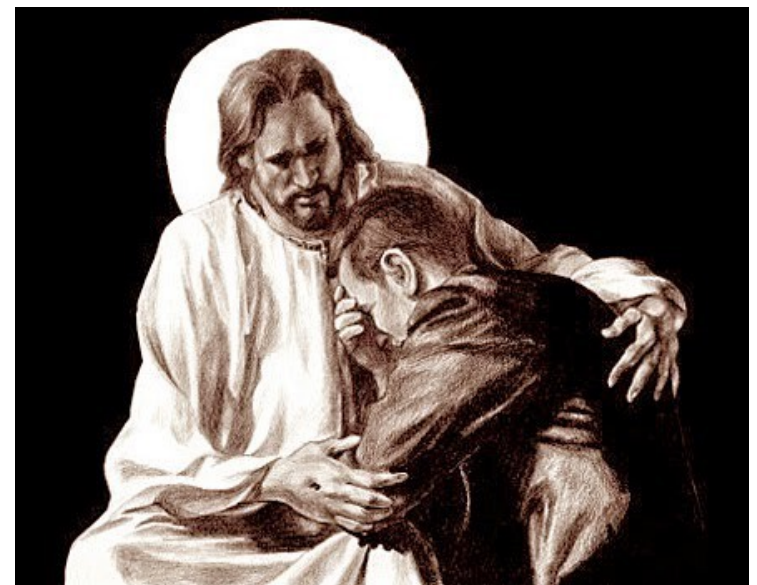
*There are various types of examinations of conscience, but regardless of which one you use, it should be rooted in Scripture; particularly, the Ten Commandments or the Beatitudes. Here are two examples of Examinations of Conscience that can help you prepare for the Sacrament.*

*In order for it to be a valid sacrament, the priest must say the words, "I absolve you."*

*After he ends his absolution, answer:*

**Amen.**

*After receiving absolution, the priest will then dismiss you. You may leave the confessional and go into the church to do your penance.*



**Prayer #9:** Lord Jesus,  
You opened the eyes of the blind,  
Healed the sick,  
Forgave the sinful woman,  
And after Peter's denial confirmed him in  
your love.  
Listen to my prayer:  
Forgive all my sins,  
Renew your love in my heart,  
Help me to live in perfect unity with my  
fellow Christians  
That I may proclaim your saving power to  
all the world.

**Prayer #10:** Lord Jesus,  
You chose to be called the friend of  
sinners.  
By your saving death and resurrection  
Free me from my sins.  
May your peace take root in my heart  
And bring forth a harvest  
Of love, holiness, and truth.

### **Based on Responsibilities to God and to others:**

Have I prayed every day?  
Have I prayed my morning prayers and night prayers?  
Have I prayed with my parents and family?  
Have I been moody and rebellious about praying and  
going to church on Sunday?  
Have I asked the Holy Spirit to help me whenever I have  
been tempted to sin?  
Have I asked the Holy Spirit to help me do what is right?  
Have I been obedient and respectful to my parents?  
Have I lied or been deceitful to my parents or to others?  
Have I been arrogant, stubborn or rebellious?  
Have I talked back to parents, teachers or other adults?  
Have I pouted and been moody?  
Have I been selfish toward my parents, brothers, and  
sisters, teachers, or my friends and schoolmates?  
Have I gotten angry at them? Have I hit anyone?  
Have I held grudges or not forgiven others?  
Have I treated other children with respect or have I made  
fun of them and called them names?  
Have I used bad language?  
Have I stolen anything? Have I returned it?  
Have I performed my responsibilities, such as homework  
and household chores?  
Have I been helpful toward my family?  
Have I been kind and generous with my friends?

## Based on the Ten Commandments

I am the Lord your God: you shall not have strange Gods before me.

*Have I treated people, events, or things as more important than God?*

You shall not take the name of the Lord your God in vain.

*Have my words, actively or passively, put down God, the Church, or people?*

Remember to keep holy the Lord's Day.

*Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation?*

*Do I avoid, when possible, work that impedes worship to God or joy for the Lord's Day?*

*Do I look for ways to spend time with family or in service on Sunday?*

Honor your father and your mother.

*Do I show my parents respect?*

*Do I seek to maintain good communication with my parents where possible?*

*Do I criticize them for lacking skills I think they should have?*

**Prayer #7:** Lord God,  
In your goodness have mercy on me:  
Do not look on my sins, but take away all my guilt.  
Create in me a clean heart  
And renew within me an upright spirit.

**Prayer #8:** Lord Jesus Christ,  
You are the Lamb of God;  
You take away the sins of the world.  
Through the grace of the Holy Spirit  
Restore me to friendship with your Father,  
Cleanse me from every stain of sin  
In the blood you shed for me,  
And raise me to new life  
For the glory of your name.



**Prayer #4:** Thoroughly wash me from my guilt  
And of my sin cleanse me.  
For I acknowledge my offense,  
And my sin is before me always.

**Prayer #5:** Father, I have sinned [ . . . ] against you.  
I no longer deserve to be called your son.  
Be merciful to me, a sinner.

**Prayer #6:** Father of mercy,  
Like the prodigal son  
I return to you and say:  
“I have sinned against you  
And am no longer worthy to be called your  
son.”  
Christ Jesus, Savior of the world,  
I pray with the repentant thief  
To whom you promised paradise:  
“Lord, remember me in your kingdom.”  
Holy Spirit, fountain of love,  
I call on you with trust:  
“Purify my heart,  
And help me to walk as a child of the light.”

You shall not kill.  
*Have I harmed another through physical, verbal, or  
emotional means, including gossip or manipulation of any kind?*

You shall not commit adultery.  
*Have I respected the physical and sexual dignity of others and  
of myself?*

You shall not steal.  
*Have I taken or wasted time or resources that belonged to an-  
other?*

You shall not bear false witness against your neighbor.  
*Have I gossiped, told lies, or embellished stories at the expense  
of another?*

You shall not covet your neighbor's spouse.  
*Have I honored my spouse with my full affection and exclusive  
love?*

You shall not covet your neighbor's goods.  
*Am I content with my own means and needs, or do I compare  
myself to others unnecessarily?*

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## ONCE YOU ENTER THE CONFESSIONAL

*First make a sign of the cross (either initiated by you, the penitent, or the priest).*

**+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*The priest will then greet you with a blessing.*

*You will respond after the blessing by saying*  
**Amen.**

*Then you state your sins.*

*After you state your sins, the priest gives you your penance.*

*The priest will then invite you to express sorrow for your sins by praying your act of contrition.*

*After you pray your act of contrition, turn to page 10.*

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## ACT OF CONTRITION PRAYERS

*There are various prayers for the Act of Contrition. You can choose any one of the following. Please be sure to pray it loudly enough that the priest will be able to hear you.*

**Prayer #1:** Lord Jesus, Son of God,  
Have mercy on me, a sinner.

**Prayer #2:** 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.

**Prayer #3:** Remember that your compassion, O LORD,  
And your love are from of old.  
In your kindness remember me,  
Because of your goodness, O LORD.