

HOW TO GO TO RECONCILIATION



1. EXAMINE YOUR CONSCIENCE

This means you think about the things you have done which hurt God and hurt other people.



2. MAKE THE SIGN OF THE CROSS

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

Bless me Father for I have sinned.

3. CONFESS YOUR SINS

(the things you thought about in Step 1)

These are the things you want God's forgiveness for.





4. LISTEN FOR YOUR PENANCE

Penance is your way of showing you are sorry for what you have done.

5. PRAY THE ACT OF CONTRITION

O my God, I am very sorry that I have sinned against you, because you are so good, and with your help I will not sin again.

6. RECEIVE GOD'S FORGIVENESS

The priest gives you absolution. He raises his hand and says:
"I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen".
You have received God's forgiveness.
You thank the priest at the end.

7. DO YOUR PENANCE