



Reconciliation Weekend

How to go to Confession

Reconciliation can be done face to face with a priest or kneeling behind a screen in a confessional or reconciliation room.

- 1 EXAMINATION OF CONSCIENCE:** *Before going to confession, take a moment and compare your life with the Ten Commandments, the Beatitudes, and the example of Christ and then pray to God for forgiveness.*
- 2 GREETING:** *After the priest welcomes you, both of you make the sign of the cross. Then you may wish to indicate facts about your life & the length of time since your last confession.*
- 3 CONFESSION:** *Confess your sins. All serious (mortal) sins since last confession must be confessed. The priest then offers suitable advice and imposes an act of penance or satisfaction, which may include prayer, self-denial, or works of mercy.*
- 4 PRAYER OF THE PENITENT:** *Pray a prayer expressing sorrow for your sins and resolving not to sin again (see back for Act of Contrition)*
- 5 ABSOLUTION:** *The priest extends his hands over your head and pronounces the formula of absolution, making the sign of the cross over your head during the final words. You answer, "Amen."*
- 6 DISMISSAL:** *The priest dismisses you with the command to go in peace. Continue to express your conversion through a life renewed according to the Gospel and more steeped in the love of God.*



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An Act of Contrition

*O my God, I am
heartily sorry for
having offended you,
and I detest
all my sins, because
of Your just
punishments, but
most of all because
they offend You, my
God, who are
all-good and
deserving of all my
love. I firmly resolve,
with the help of
Your grace, to sin no
more and to
avoid the near
occasion of sin.
Amen.*

*As the Father has sent me,
so I send you.... Receive
the Holy Spirit. Whose sins
you forgive are forgiven
them, and whose sins you
retain are retained.
(Jn 20: 21-23)*



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