

## STUDY SHEET FOR RECONCILIATION

**Examination of Conscience:** Pray and prepare for your confession by considering your choices to follow Jesus. You may review the Ten Commandments, the Beatitudes, etc.

**Greeting:** Penitent *says and makes 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. It has been \_\_\_ since my last confession.”**

*(If this is the first time, say: “Bless me, Father, for I have sinned. This is my first confession.)*

**Confession:** Now you tell Father your sins. Father will say a few words and give you a penance.

**Prayer of Sorrow:**

*(Father will ask you to say a prayer of contrition/sorrow if you have not already done so as part of a prayer service before your individual confession)*

Penitent says:

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. Amen.

**Absolution:**

*Father holds his hand over penitent while saying the prayer of Absolution:*

“God, the Father of mercies, through the death and resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.”

*(penitent makes the sign of the cross at the same time Father is blessing them)*

Penitent says: Amen, thank you, Father!

You are now finished and may return to your seat.

Pray quietly before our closing prayer or leaving the church.

Be sure to complete your penance right away.

