

St. Aloysius Religious Education
Reconciliation Review

5 Steps to a Good Confession

Examination of Conscience – think of and know what my sins are.

Contrition – be sorry for my sins and having offended God.

Resolve not to sin again – make up my mind not to sin again.

Confess sins to a Priest – tell my sins to the Priest in Sacrament of Reconciliation.

Penance – do penance the Priest gives me.

GENERAL COMMENTS:	
Knows how to start:	_____ Enter the confessional and sit down across from the priest and say “Hello.”
Knows what Confession is:	_____ Make the sign of the Cross and say “Bless me Father, for I have sinned. It has been _____ since my last confession. These are my sins:” (<i>Confess or tell your sins to the priest</i>) <i>Listen to the priest. He will give you some advice on how to be a better Catholic and open your heart to God and be the person He wants you to be.</i>
Knows what Penance is:	<i>The priest will give you a penance – it may be a prayer or some kind of action that will help you to be more thoughtful about areas of sinfulness and failing.</i>
Knows Act of Contrition:	<i>The priest will invite you to tell God that you are sorry for your sins by saying the Act of Contrition:</i> _____ “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.”
Knows what Absolution is:	<i>The priest will give you absolution and offer you God’s forgiveness.</i>
Knows how to make the Sign of the Cross:	_____ Bless yourself with the sign of the cross as the priest says: “I forgive you in the name of the Father and of the Son and of the Holy Spirit.”
Knows how to end.	_____ You respond: “Amen.” _____ Say “Thank You” to the priest and leave the confessional, if necessary go to the altar to say your penance before leaving the church and feeling uplifted and energized by God’s mercy and love!

Psalm 103:

“The Lord is kind and merciful; the Lord is kind and merciful.
Slow to Anger, rich in kindness, the Lord is kind and merciful.”