

# Reconciliation!

Confession ▪ Forgiveness ▪ Conversion ▪ Penance

God forgives you since He loves you so much!

"For the Lord delights in you" (Isaiah 62:4).

## Try this:

1. Ask Jesus for help. Jesus said, "Do not be afraid" (Matthew 17:7).
2. Think of your sins since your last confession. [See other side for ideas.]
3. Go to the priest. Begin with the **Sign of the Cross**. The priest welcomes you and may say a prayer.
4. Start your confession: "**Bless me, Father, for I have sinned. It has been [give number of days, months, or years] since my last confession.**"
5. Tell your sins to the priest. If you get stuck, ask the priest for help. When you are finished, say "**I am sorry for these and all my sins.**"
6. Listen as the priest gives some words of encouragement, and an act of penance.
7. Pray your Act of Contrition:

## 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.

8. Receive the priest's absolution of your sins. Make the Sign of the Cross with him, and say "Amen."
9. The priest may praise the Lord by saying "Give thanks to the Lord for he is good." Respond by praying, "**His mercy endures for ever.**" The priest often concludes with "Go in peace." You may thank him.

That was fun! Thank you, *Jesus !!!*

Jesus, please help me  
remember my sins!

## Examination of Conscience

### Have I:

- A. been respectful and loving to my parents, and teachers OR been disobedient, talked back, or been disrespectful?
- B. been respectful and loving to my brothers and sisters, friends, and all people, OR hurt, fought with, or disrespected another person?
- C. loved God by going to Mass every week, by praying every day and by respecting His Name, OR missed Mass, forgotten to pray every day or misused His Name?
- D. respected my body by eating right, by getting exercise, and by sleeping enough, OR disrespected my body by poor eating, by lack of exercise, or by not getting enough sleep?
- E. respected my body and the bodies of others, OR been impure or immodest?
- F. told the truth and been loving in my words, OR lied, been disrespectful in speech, cheated, or gossiped?
- G. respected what belongs to others, OR stolen, or broken the things of others?
- H. been satisfied with the things I have, OR been greedy or wanted things that others have?

*Let Jesus take away your sins!*

Bible Truths for us:

"You will cast into the depths of the sea  
all our sins" (Micah 7:19).

"As far as east is to the west,  
so far has he put our transgressions from us"  
(Ps103:12).

"For I will forgive their evildoing and  
remember their sins no more"  
(Hebrews 8:12).

## EXAMINATION OF CONSCIENCE FOR CHILDREN

### **1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE OTHER GODS BESIDE ME.**

- Do I speak (PRAY) to God every day? When I wake up, before meals, before going to sleep?
- As soon as I wake up, do I give (OFFER) Him my school work and all my work of the day?
- Do I remember to THANK God for the good things I have done or received?
- Do I put my trust in good luck charms, palm reading and superstitions, rather than God alone?

### **2. YOU SHALL NOT USE GOD'S NAME IN VAIN.**

- Have I used the words "God" or "Jesus" in anger or with lack of respect?
- Have I used ugly words or language?
- Have I wished evil on another?

### **3. REMEMBER TO KEEP GOD'S DAY HOLY.**

- Do I go to Mass on Sunday unless I had a good reason? (lack of transportation, sickness)
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I pay attention to Mass, or do I tease or distract others by talking or playing?
- Do I arrive late at Mass or leave early?

### **4. HONOR YOUR FATHER AND MOTHER.**

- Do I respect and obey my parents?
- Have I treated them badly by word or deed?
- Am I willing to help round the house or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters? Am I a tattletale or bully?
- Do I try to give good example, especially to younger siblings?
- Do I respect others in authority: baby-sitters, old people, teachers, priests, nuns?

### **5. YOU SHALL NOT KILL.**

- Do I beat up others or hurt their bodies?
- Do I say mean things, or make fun of others to hurt their feelings?
- Am I willing to play with everyone? Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I take care of my health such as eating the right food and taking care of the body God has given me?
- Are there kids I will not play with or be mean to because they look different?

**6. YOU SHALL NOT COMMIT ADULTERY.**

- Do I treat my body and other people's bodies with respect and purity?
- Do I look at television shows, movies, or pictures that are bad and hurt my soul and mind?
- Am I modest in the clothes I wear and in my speech, remembering that I truly am a daughter/son of God?

**7. YOU SHALL NOT STEAL.**

- Have I taken things that were not mine from a store or another person?
- Have I broken or misused another person's property on purpose?
- Do I return things that I borrow? In good condition?

**8. YOU SHALL NOT LIE (YOU SHALL NOT COMMIT FALSE WITNESS AGAINST YOUR NEIGHBOR).**

- Do I tell the truth? Do I say things about other people that are not true?
- Did I cheat in class or in a game?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from being punished?
- Do I tell lies to make another person look bad or get them in trouble?
- Am I a tattletale?

**9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.**

- Do I get mad when I have to share my friends?
- Am I jealous of my siblings and do I want my parent's attention for myself constantly?
- Am I willing to share my things and my time with others?

**10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.**

- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and poor people?
- Am I jealous or envious of the things others have?
- Am I jealous or envious of the abilities others have?