



GUIDE FOR THE SACRAMENT OF RECONCILIATION

SCHEDULE

Saturday, March 18
4:45 – 5:15 pm

Thursday, March 23
7:00 – 8:00 pm

Saturday, March 25
4:45 – 5:15 pm

Thursday, March 30
7:00 – 8:00 pm

Saturday, April 1
4:45 – 5:15 pm

No confessions on
Thursday, April 6
Saturday, April 8

HOW TO GO TO CONFESSION

CONFESS

When you greet the priest, make the sign of the cross and say: "Bless me Father, for I have sinned. It has been ___ (how many weeks, months, or years) since my last confession"

Then tell the priest your sins as completely and honestly as possible. When you are finished confessing, say: "This is all I can remember."

RECEIVE

The priest will give you a penance: he may ask you to say a prayer or do something to help you come closer to God.

CONTRITION

The priest will ask you to pray an Act of Contrition. There are many forms, here is one:

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 sin no more
and to avoid whatever leads me to sin. Amen.

ABSOLUTION

The priest will give you absolution and will conclude with the words, "Go in peace."

Thank the priest and leave the room to pray your penance in the church.

AN EXAMINATION OF CONSCIENCE BEFORE CONFESSION

Before entering the reconciliation room or confessional, take some time to examine your conscience, reflecting back over your life since the 1st time you received the Sacrament. Use this guide to help you recall any actions, attitudes or habits you need to bring to Christ for healing. Feel free to bring this guide with you for confession.

MY RELATIONSHIP WITH MYSELF

Am I angry often? Who or what has made me angry?
Do I doubt that other people love me?
Do I fail to love myself? If so, how?
Have I been greedy, lustful, or lazy...
Have I failed to cherish and care for my body as a gift of God?
In what ways have I shown a lack of respect for this gift?
Do I drink alcohol to excess.....take illegal drugs?
Have I disrespected the gift of sexuality given me by God?
Have I made myself a prisoner of fear, anxiety, worry, guilt, inferiority, or self-hatred?
Am I refusing to let go of the past, letting it continue to trouble me?
Am I using the gifts and talents God has given me to better myself and the world?

MY RELATIONSHIP WITH THOSE NEAREST ME

Have I failed to respect any members of my family? If so, how?
Do I fail to value and appreciate my friends?
Have I failed to be a good friend...
- failed to support and encourage my friends,
- failed to be there for them when they needed me?
- failed to respect their confidences or their trust?
Have I shied away from speaking the truth to a friend for fear of losing the friendship?
Have I failed to accept anyone just as he or she is?
Am I impatient with other's differences from me?
Am I intolerant of others shortcomings?
Am I insensitive to others' needs and weaknesses?
Am I refusing to forgive anyone...holding a grudge?
Have I sought revenge when I was hurt by someone?
Do I criticize and find fault?
Do I fail to show positive acts of kindness to others?

MY RELATIONSHIP WITH GOD

Have I doubted God's existence?
Do I doubt that God loves me?
Do I fail to pray to God?
Fail to worship God each week?
Do I fail to trust in God's loving care for me?
Am I afraid to say "Yes" to God in my life?
In what ways have I said "NO" to God?
Am I angry with, or afraid of God?
Do I fail to respect the teachings of the Church?
Have I encouraged others to break God's commandments?

MY RELATIONSHIP WITH EVERYONE

Do I despise any group of people?
Do I discriminate against anyone?
(due to race, religion, gender, etc.)
Do I consider any group or individual inferior to me?
Do I accept the authority of those over me at work or at home?
When someone has needed me, have I refused to help?

MY RELATIONSHIP WITH CREATION

Have I been wasteful?
Am I too fond of money or material things?
Do I act as though everything I have is mine to do with as I like?
Am I tight-fisted or mean rather than being generous and giving?
Have I been generous in helping the poor, the suffering, and those in need?
Do I drive with a lack of concern for others' safety?
Do I fail to contribute positively to my community?

After you have examined your conscience, you are ready to make a good confession and receive absolution.