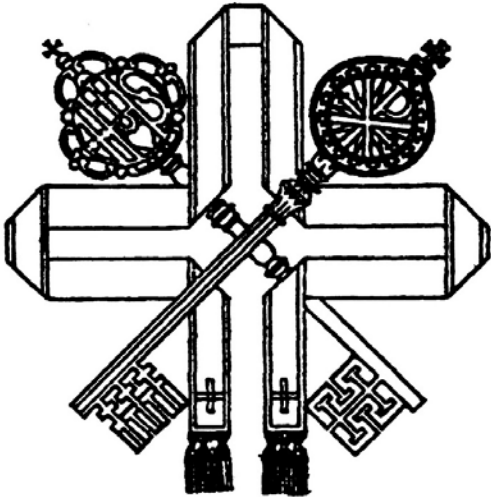


## Sacrament of Reconciliation

And when he had said this, he breathed on them and said to them, "Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained." (John 20, 22-23)



"Therefore, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession.....So let us confidently approach the throne of grace to receive mercy and to find grace for timely help." (Hebrews 4:14,16)

### Things to remember in the sacrament.

1. Do not worry if you are nervous, most people are as it is hard to tell another person, the priest, our sins. We have to trust in Jesus.
2. Mortal sins are those which are (1) seriously wrong, (2) we know they are wrong, and (3) we willingly do them. Any mortal sin must be confessed in kind and number
3. The priest is bound under the seal of confession so your confession is kept secret
4. The sacrament not only forgives our sins but it gives us help, God's Grace, to not commit the sin in the future.
5. God actually forgets our sins

## How to go to Confession

1. Pray to the Holy Spirit so that he can help you to remember your sins. Go over the examination of conscience. Try to remember the bad things you have done or the things you were supposed to do, but didn't do, since your last Confession.
2. Enter the Confessional; you have two options: to go face to face (sit in the chair) or to kneel behind screen/curtain.
3. In the Name of the Father, and of the Son, and the Holy Spirit. **Amen**
4. **Bless me Father for I have sinned. It has been [x. weeks, months, or years] since my last confession. These are my sins:**
5. Tell the priest your sins. Then say:  
**That is all I can remember.**
6. The priest will give you advice and a penance and ask you to pray the act of contrition.
7. **"O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life."**
8. The priest will forgive your sins with the prayer of absolution. At the end, say **Amen**
9. Go in peace.
10. **Thank you Father**
11. After you leave the sacrament, pray or perform your penance as soon as possible. (If you forget the penance, be sure to ask before you leave.)