

Welcome to the sacrament of  
**reconciliation**



*"God never tires of forgiving us." - Pope Francis*

# Today is about **love** and **forgiveness!**

The sacrament of reconciliation is an opportunity for us to receive even more of God's love and forgiveness!

It's important when we go to the sacrament of reconciliation that we are sorry for our sins.

...but what is sin?

- doing, or thinking, something we know is wrong, or not doing what we know is right.
- turning away from God's love.
- how we hurt ourselves, other people and God.

You are a good person, made by God!

God loves each one of us and wants us to be happy.

...but we need to be honest with ourselves if we are going to put right our relationships; with God, other people and ourselves.

**Have confidence!**  
**God loves you!**

"... nothing... can ever come between us and the love of God..."  
(Romans 8:38-39)



The **examination of conscience** is where we reflect on what we want to bring to God.

### **My relationship with God:**

- Do I ignore God and think I know best?
- Am I open to God and make time to pray?
- Do I join in at church?
- Have I put other things like friendships or clubs before my relationship with God?

### **My relationship with others:**

- Do I treat other people fairly and with love?
- Have I helped people who are hungry or homeless?
- Do I value honesty, or do I sometimes lie or steal?
- Perhaps I hold grudges?
- Do I help out at home and speak kindly to the people I live with?
- Am I selfish?
- Have I spread gossip that hurt other people?

- Am I responsible when using social media?
- Have I kept quiet if I have seen someone being treated unfairly?
- Do I take care of the environment?

### **My relationship with myself:**

- Can I believe that I am beautiful, made in God's image and deserve respect?
- Do I make the most of my gifts and talents?
- Do I try my best?
- Have I looked at, or sent, inappropriate pictures or messages on the internet?
- Do I eat healthily, exercise and look after myself?
- Am I thankful for the blessings in my life?

**A priest will welcome you to the sacrament of reconciliation.** He will not judge you, or ever tell anyone what you have said to him. The priest is there as Jesus, to share God's forgiveness with you.

Begin by making the **sign of the cross** and saying:

“Bless me, Father, for I have sinned. It has been...  
(*say roughly how long*)... since my last confession.”

Now **confess** your sins, using your own words. When you have finished let the priest know.

The priest may offer you some advice and then give you a penance. **Penance** is something you do to put right what you have done wrong. Ask the priest questions if you want.

The priest will ask you to say an **act of contrition**, to show that you are sorry and want to change:

“O my God, because you are so good, I am very sorry that I have sinned against you, and with the help of your grace I will try not to sin again. Amen.”

The priest then says the **prayer of absolution**. You will hear God forgiving you in the words of the priest.

Now you can thank God for loving and forgiving you!  
Your relationships are healed.

You are free to start living your new life!

Available free of charge upon request to all  
Catholic secondary schools in the UK

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