



First Rite of Reconciliation

HOW TO GO TO CONFESSION

GOING TO THE PRIEST FOR CONFESSION

You may choose to sit face to face with the priest or to sit behind a screen.

1. The priest will welcome and greet you. If you are anxious or unsure of what to do take this guide with you and tell the priest; he will help you.
2. Make the sign of the cross: *"In the name of the Father, and of the Son, and of the Holy Spirit Amen."*
3. The priest will talk to you and invite you to trust in God. (Through the word of God, the Christian receives light to recognise their sins and are called to conversion and to confidence in God's mercy.)
4. He may read or quote text from scripture. He may invite you to read the text. Your response to the text is, *"Amen."*
5. Tell the priest what your sins are, holding nothing back.
6. The priest will speak words of encouragement and give you an act of penance. It could be in the form of prayer, self-denial, or service.
7. Express your sorrow by saying these or similar words: *"For these and all the sins of my life I am sorry."* Then recite an Act of Contrition (**Prayer of the Penitent; see below**).
8. The priest will give you absolution; your response is *"Amen."*
9. After the absolution the priest will say words in praise of the mercy God, he may invite you into the prayer and he will tell you to go in peace.

Expressing your sorrow Prayer of the Penitent (Act of Contrition)

Lord Jesus, you chose to be called the friend of sinners.
By your saving death and resurrection free me from my sins.
May your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

#45 [90]

or

Lord God, in your goodness have mercy on me: do not look on my sins but take away all my guilt.
Create in me a clean heart and renew within me an upright spirit.

#45 [92]

AFTER CONFESSION

Spend time in prayer, do your penance and give thanks to God for His mercy and forgiveness. Your conversion continues and is expressed by a life renewed according to the Gospel and more steeped in the love of God.

PROPERTY OF
INFANT JESUS
CATHOLIC CHURCH MORLEY
PLEASE RETURN



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HOW TO GO TO CONFESSION

BEFORE GOING TO CONFESSION WITH THE PRIEST

Pray for God's help to show you everything in your life which separates you from Him. Reflect on these words from scripture. Examine your conscience (see below), be truly sorry for your sins and resolve to change your life.

WORDS FROM SCRIPTURE

Luke 15:1-7

The tax collectors and the sinners were all seeking his company to hear what he had to say, and the Pharisees and the scribes complained. This man, they said, welcomes sinners and eats with them. So he spoke this parable to them:

What man among you with a hundred sheep, losing one, would not leave the ninety-nine in the wilderness and go after the missing one till he found it? And when he found it, would he not joyfully take it on his shoulders and then, when he got home, call together his friends and neighbours? 'Rejoice with me,' he would say, 'I have found my sheep that was lost.' In the same way, I tell you, there will be more rejoicing in heaven over one repentant sinner than over ninety-nine virtuous men who have no need of repentance.

Ephesians 5:1-2

Try to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

EXAMINATION OF CONSCIENCE

The Lord says, "Love one another as I have loved you."

- † Do I have a genuine love for my neighbour?
- † In my family life, have I contributed to the well-being and happiness of the rest of the family?
- † Do I share my possessions with those less fortunate?
- † Does my life reflect the mission I received in confirmation? Do I share in the charitable works of the Church?
- † Am I concerned for the good and prosperity of the human community or do I spend my life caring only for myself?
- † In my work or profession am I just, hard-working, honest, serving society out of love for others?
- † If I am in a position of responsibility or authority, do I use this for my own advantage or for the good of others?
- † Have I been truthful and fair?
- † Have I been violent to others by damage to life or limb, reputation, honour, or material possessions?
- † Have I stolen the property of others?
- † If I have been hurt have, I been ready to make peace and forgive?
Have I harboured hatred and revenge?

*APPENDIX III # 3 II Nos 1-12 Pages 146, 147