



"Going to confession is about going to meet with our Father who pardons us, who forgives us and who rejoices." - Pope Francis

HOW DO I PREPARE FOR THE SACRAMENT OF RECONCILIATION (CONFESSION) AND WHAT DO I SAY?*

Here are some questions that can help you prepare your heart to receive God's gift of mercy through the sacrament of reconciliation (confession) and help you be a truly happy person.

1st Step : Examination of Conscience

- Do I help out at home?
- Do I try to be a good daughter or son?
- Do I try to be a good sister or brother?
- Do what is right even when it isn't cool?
- Do I spend time with God my Friend and pray everyday?
- Do I listen and do the right thing that God tells me in my heart?
- Do I share what I have with others cheerfully?
- Do I tell the truth even if I find it hard?
- Do I listen to my parents before my friends?
- Do I forgive those who have hurt me?
- Do I treat everyone kindly even if they are not one of my good friends?
- Do I help others in need?
- Do I act respectfully in church?

- Do I let the computer or TV come first before helping others?
- Do I pretend that I don't care about God in front of my friends?
- Do I act disrespectfully to my parents?
- Do I not try my best at school?
- Do I not feel thankful for all that my parents do for me?
- Do I fight with others?
- Do I always want my way?
cheat?
- Do I get angry when someone else wins or does better?
- Do I get jealous when someone has something I like?

- Do I lie or gossip about others?
- Do I tell dirty jokes to be cool?
- Do I steal and take what does not belong to me?
- Do I compare myself with others and not know the worth of my life?

2nd Step: During Confession

You say: "Bless me, Father, for I have sinned.
Say your sins

3th Step: Penance

Priest will give you a Penance, which means he will ask you to spend some time in prayer or to do a kind deed for someone.

4th Step: Say the 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 you 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.**

5th Step: Absolution

The priest will then extend his hands over your head and pray a very special prayer. Acting as God's representative, he will forgive your sins.