

Celebrating the
Sacrament of



RECONCILIATION



Pax Christ Church 2009

How do you feel after reconciliation?
Tell about it here.

Dear Child of God,

We know that God our Father forgives us when we sincerely confess our sins to a priest.

Every time you receive the Sacrament of Reconciliation it will probably be a little bit different—there may be a different priest, you may be at a different parish, and (hopefully) the things you talk about will be different. (We want to learn from the mistakes we make, and not continue to make the same ones!)



Use these pages to write your own prayer.

To become more familiar with the sacrament of reconciliation, use this booklet to role play the parts of the priest and the person receiving reconciliation. Make sure that both the child and the parent(s) has an opportunity to play each role.

When you receive reconciliation, do not worry if you do not remember all of the words you are supposed to say, ask the priest for help.

Our faith teaches us to come to the Sacrament with an open heart so we can feel the healing mercy of our God's love.

Blessings to you.

According to sections 1423-1424 of the Catechism of the Catholic Church this

Sacrament has five names:

1. It is called the *sacrament of conversion* because it makes sacramentally present Jesus' call to conversion, the first step in returning to the Father from whom one has strayed by sin.
2. It is called the *sacrament of Penance*, since it consecrates the Christian sinner's personal and ecclesial steps of conversion, penance, and satisfaction.
3. It is called the *sacrament of confession*, since the disclosure or confession of sins to a priest is an essential element of this sacrament. In a profound sense it is also a "confession" - acknowledgment and praise - of the holiness of God and of his mercy toward sinful man.
4. It is called the *sacrament of forgiveness*, since by the priest's sacramental absolution God grants the penitent "pardon and peace."
5. It is called the *sacrament of Reconciliation*, because it imparts to the sinner the love of God who reconcile"Be reconciled to God." He who lives by God's merciful love is ready to respond to the Lord's call: "Go; first be reconciled to your brother."

Which name do you like best?

I Do My Penance

I do my penance as soon as I can.

I thank God for receiving the Sacrament of Reconciliation.

I try to live as Jesus wants me to.



I celebrate the Sacrament of Reconciliation often.

We Praise and Thank God

Together with the priest you praise God and thank Him for your forgiveness.

Father says:

**Give thanks to the Lord
for He is good.**

You answer:

His mercy endures forever.

We Go Forth in Peace

The priest sends you out saying:

**The Lord has freed you from your
sins. Go in peace.**

You answer:

Thank you, Father.

Before you confess your sins, pray for the Holy Spirit's help.

This prayer may help:



**Holy Spirit,
Help me to make good
and loving choices.**

Think about:

What did I do?

Why did I do it?

How can I be better?

The priest wants to help you make a good confession so you can receive the peace Jesus promised to give.

The questions on the next pages may help you to examine your conscience.

Have I shown love for others?

Have I cared for the poor, the hungry,
and those who are mistreated and
oppressed as Jesus wants me?

Have I done my best to try to live for
the kingdom of God?

Have I obeyed and been respectful to
the adults who are responsible for me?

Do I share with others,
or have I been selfish?

Have I taken other's things without
permission?



I Receive God's Forgiveness

After you carefully say your prayer of
sorrow to God, the priest speaks the words
of God's forgiveness. He extends his hands
over you and prays that God will give you
peace. He tells you that through the Church,
God forgives you:

**God, the Father of mercies, through the
death and resurrection of His son has
reconciled the world to Himself and sent
the Holy Spirit among us for the
forgiveness of sins; through the ministry
of the Church may God give you pardon
and peace, and I absolve you from your
sins in the name of the Father, and of
the Son, and of the Holy Spirit.**

You answer:

Amen.



I Tell God I Am Sorry

You pray an Act of Contrition prayer.

O my God,
I am sorry for my sins.
In choosing to sin and
failing to do good,
I have sinned against you
and your church,
I firmly intend,
with the help of your Son,
To make up for my sins
and to love as I should.



Have I been truthful and fair, or
have I lied and cheated?

Do I react quickly to something I
have been asked to do, or am I
lazy and tell myself, "I'll do it
later?"

Have I always talked nice about
others, or do I spread rumors
that aren't true about them?

Do I reach out to others?

Do I treat others as I would like
to be treated?



Have I shown love for God?

Does God come first in my life or are other things more important to me?

Have I used God's name with respect, or have I sometimes said God's name in anger?

Have I remembered to pray regularly?

Do I go to mass on Sunday and Holy Days of Obligation?

Have I missed mass for no good reason?

Do I actively take part in mass or am I distracted thinking about other things?



I Receive My Penance

The priest gives you a penance, a prayer or good action that you do to show that you are sorry for your sins and want to do better

This is a special way of making up with those you have wronged and especially with God.



I Confess My Sins

Now you confess your sins to the priest.
Tell him how you think you have failed
to live as Jesus wants you to live.

Be honest.

If you find it difficult or cannot
remember, ask the priest for help.

The priest listens to you and helps you.



He talks to you about
how to be better in the future.

Have I shown love for myself?

Do I take care of my body?

Do I get enough rest?

Do I eat right?

Do I use words that are kind,
not angry and mean?

Am I the kind of person who
people like to be around?

Am I good to ME?



**After I have examined my
conscience, I am ready for the
Sacrament of Reconciliation.**

The Priest Welcomes Me

When it is your turn to enter the reconciliation room, you may choose to meet with the priest face-to-face or be separated by a screen.

The priest welcomes you with kindness.
You make the sign of the cross.

**In the name of the Father,
and of the Son,
and of the Holy Spirit. Amen.**



**Bless me Father, for I have sinned
this is my (first, second...) confession.**

OR

**it has been (this long) since my last
confession.**

The priest invites you to trust in God, using these or similar words:

**May God, who has enlightened every
heart, help you to know your sins and
trust in His mercy.**

You answer:

Amen.

Reading of the Word of God

The priest may read or recite a passage from the Bible.



You may be invited from the priest to read the Scripture yourself.