

Sacrament of Reconciliation (Sacrament of Peace)

Our Savior Jesus gave us the Sacrament of Reconciliation, which we might also call the Sacrament of Peace. In this sacrament, Jesus **reconciles** us (makes us friends again) with His Father and with His People, the Church.

Example: At Baptism God connected Himself to us like a Rope. When we sin the Rope can break. In the Sacrament of Reconciliation God re-ties the Rope and it becomes shorter. We are drawn closer to God through the Sacrament of Reconciliation (Peace).

To receive the Sacrament of Reconciliation well we must:

- Know our sins
- Be sorry for them
- Intend to avoid committing them again
- Confess our sins to a Priest
- Do or say the penance that the priest gives us.

How do we sin?

We sin by the things we Do (Actions), Say, and our Omissions (Things we don't do).

Sin is any act or thought that removes, withholds, or withdraws
Love from yourself, God, or another person!

Examine My Conscience	
How Much Do I Love God?	How Much Do I Love Others?
Do I spend time with God each day? • Do I pray to God? How Often? • Do I say morning & evening prayers?	Do I listen and obey those who care for me? • Do I contribute to the happiness of every member of my family?
Do I use God's Name with love? • Have I used His name the wrong way? • Do I swear?	Am I kind and loving to my family and others? • Do I make up with those I hurt? • Do I call others bad names or make fun of them? • Was I too selfish to share things with others or to help them?
Do I celebrate Sunday by attending Holy Mass? • Have I missed Mass on Sunday deliberately?	Have I been pure in my thoughts, words, and actions? • Do I show respect for myself and others? • Do I choose good friends? • Am I faithful to them?
Are there "false gods" in my life that mean more to me than God? • Money, clothes, superstition • Desire for popularity?	Am I careful not to waste God's gifts & talents? • Am I satisfied with what I have? • Do I share with people in need? • Do I waste my time or watch too much TV?
Do I tell God I am sorry when I have failed to love?	Am I honest? • Did I lie to anyone? • Did I talk about others in an unkind way? • Have I kept promises and secrets?
Do I listen to God's Word?	Have I taken something that was not mine? • Did I return it?
Do I ask God to help me, especially when I am tempted?	Did I damage anyone's property? • Did I pay for or repair what I damaged?

Sacrament of Reconciliation
(Sacrament of Peace)

Meeting Jesus in the Sacrament of Reconciliation

STEPS TO REMEMBER:

When you receive the Sacrament of Reconciliation:

1. Make the Sign of the Cross and say:
**"Bless me Father for I have sinned. It has been _____
since my last confession." (How long)**
2. Tell the Priest your sins.
3. Listen to how the Priest tells you to make up for your sins.
4. Pray an Act of Contrition. (See below)
5. Make the Sign of the Cross when the Priest gives you absolution.
 - Father says: "I absolve you from your sins, In the Name of the Father, and of the Son, and of the Holy Spirit."
6. Thank the Priest (I usually say God Bless you too father) and leave the confession room.
7. Pray and do the penance the Priest gave you. Thank God for bringing you closer to Him and helping you on the Journey to your Heart.
 - Remember you just got closer to God because He retied the Rope and brought you closer to Him. He Loves You so much!



Act of Contrition
<p>O My God,</p> <p>I am heartily sorry for having offended you, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love.</p> <p>I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.</p> <p style="text-align: center;">Amen</p>