

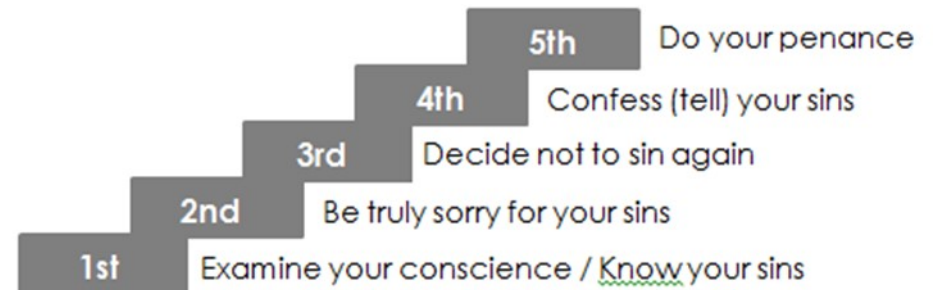
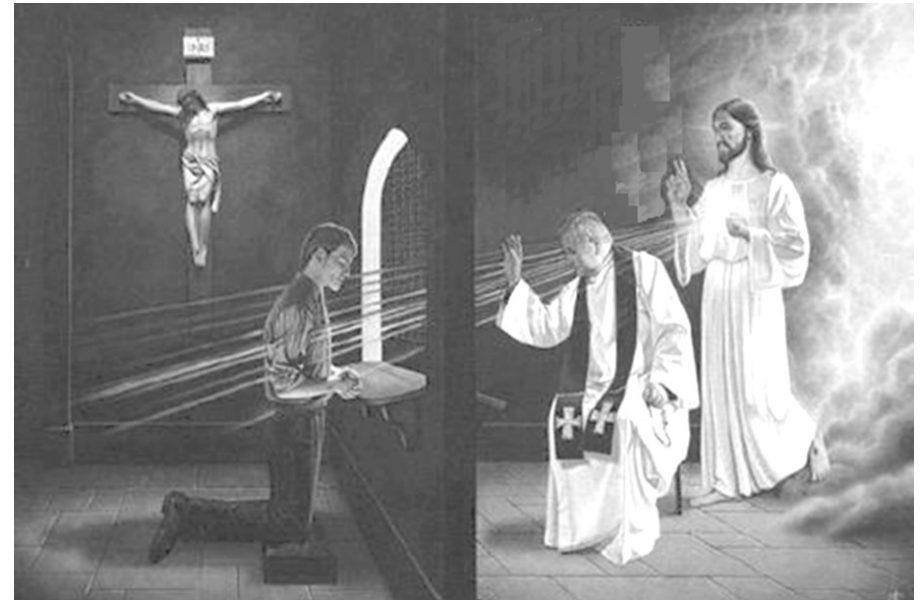
## Receiving the Sacrament of Reconciliation

1. Go into the reconciliation room and close the door.
2. Sit on the chair by Father or kneel on the kneeler behind the screen.
3. Make the Sign of the Cross (with Father) and say  
*In the name of the Father, and of the Son and of the Holy Spirit. "Bless me Father for I have sinned, my last confession was \_\_\_\_"* (say how long since your last confession, weeks/months or since Lent/Advent)
4. Tell your sins (include number of times)
5. Finish by saying  
**"For these and all my sins I am truly sorry."**
6. Listen carefully as Father talks. Remember what he says you should do for your penance.
7. Pray an Act of Contrition  
***O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishment but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasion of sin. Amen.***
8. Listen as Father absolves you from your sins.  
(Make the Sign of the Cross with Father) say **"Amen"**  
  
If Father says 'Give thanks to the Lord for He is good'  
you say **"For His mercy endures forever"**
9. Say **"Thank you, Father"**
10. Leave the door open after you leave. Return to your pew, kneel and do your penance.

### Prayer After Confession

My Jesus, I thank You for washing away my sins in Your Precious Blood. Help me to accept my cross each day and not to hurt You. I love You with my whole heart and soul. Amen.

## A student's guide to prepare for Reconciliation



The steps to make a good confession

