

The priest will give you a penance to pray or do and then he will ask you to pray the Act of Contrition:

### Act of Contrition

**O my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, 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 confess my sins, to do penance and to amend my life. Amen.**

The priest will then give you ABSOLUTION. After he is finished please say: Thank You, Father.

### GO IN PEACE AND SIN NO MORE!



*His father saw him and...ran to his son, threw his arms around him and kissed him.*

*~ Luke 15:20*

## RECONCILIATION

We welcome you today to receive the Mercy and Forgiveness of God through the Sacrament of Reconciliation!

**DO NOT BE AFRAID! GOD IS WITH YOU!**

The form of Confession is:

**BLESS ME, FATHER, FOR I HAVE SINNED. IT HAS BEEN \_\_\_\_\_ SINCE MY LAST CONFESSION. THESE ARE MY SINS:**

Listed below are the possible sins you may have committed. Tell the priest the sin and roughly how many times you have committed that sin.

- 1. I am the Lord your God. You shall not have strange gods before me.**
  - Do I seek to love God with my whole heart and soul? Does he truly hold the first place in my life?
  - Have I been involved with the occult or superstitious practices?
  - Have I ever received Holy Communion ;in the state of mortal sin?
  - Have I told a lie in confession or deliberately withheld confessing a mortal sin?
- 2. You shall not take the name of the Lord your God in Vain.**
  - Have I insulted God's holy name or used it lightly or carelessly?
  - Have I wished evil on anyone?

### **3. Remember to keep holy the Lord's Day.**

- Have I missed Mass deliberately on Sunday, the Lord's Day, or on Holy Days of obligation?
- Do I try to keep Sunday as a day of rest?

### **4. Honor your father and your mother.**

- Do I honor and obey my parents/ Do I care for them in their old age?
- Have I neglected my family responsibilities to spouse and children?
- Is my family life centered around Christ and his teaching?

### **5. You shall not kill.**

- Have I murdered or physically harmed anyone?
- Have I had an abortion? Have I encouraged an abortion?
- Have I abused drugs or alcohol?
- Have I mutilated myself through any form of sterilization?
- Have I harbored hatred, anger or resentment in my heart toward anyone?
- Have I given scandal to anyone by my sins, thereby leading them to sin?

### **6. You shall not commit adultery.**

- Have I been unfaithful to my marriage vows in action or thought?
- Have I practiced any form of artificial contraception in my marriage?
- Have I been engaged in sexual activity with a member of the opposite sex or the same sex?
- Have I masturbated?
- Have I indulged in pornographic material?
- Am I pure in my thoughts, words, actions? Am I modest in dress?

### **7. You shall not steal.**

- Have I taken what is not mine?
- Am I honest with my employer/employee?
- Do I gamble excessively thereby robbing my family of their needs?
- Do I seek to share what I have with the poor and needy?

### **8. You shall not bear false witness against your neighbor.**

- Have I lied, gossiped or spoken behind anyone's back?
- Have I ruined anyone's good name?
- Do I reveal information that should be confidential?
- Am I sincere in my dealings with others or am I "two-faced"?

### **9. You shall not desire your neighbor's wife.**

- Am I envious of another's spouse or family?
- Have I consented to impure thoughts? Do I try to control my imagination?
- Am I reckless and irresponsible in the books I read and the movies I watch?

### **10. You shall not desire your neighbor's goods.**

- Am I envious of the possessions of others?
- Am I resentful and bitter over my position in life?

After you confess your last sin say:

**FOR THESE AND ALL THE SINS OF MY PAST LIFE I AM TRULY SORRY.**