**A Step by Step Guide to   
Celebrating Reconciliation**

*Prior to reconciliation, spend time   
examining your life and heart.  
(Examination of Conscience)*

**\***  **Begin by making the Sign of the Cross.**

The priest will greet you and may offer a short

reading from Sacred Scripture.

**\* Tell the priest how long it has been since you**

**last celebrated this sacrament:** (*Bless me Father for I have sinned, it’s been*

*(\_\_\_\_\_\_\_) since my last confession.)*

*Or “…This is my first confession.”* This helps the priest to have some sense of

where you are and what you might need.

**\*** **Confess your sins**. It is important to confess

concrete and specific sins rather than vague

generalities – to name them is to claim them.

**\* Make an act of contrition.** The priest will

invite you to express your sorrow for sin,   
 and your intention to repent.   
 (Most priests will have this written out for you to read)

**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 your help, 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

**\*The priest will propose an act of penance**. (an

act of reparation or spiritual strengthening.)

**\*Absolution.** The priest will place his hands on or

above your head and say the Prayer of

Absolution. You answer*“Amen*” to God’s gift

of forgiveness and reconciliation.

*Following the sacrament, complete your   
 penance in a spirit of gratitude.*

**Rejoice!** Through God’s mercy and generosity, you r sins have been forgiven, and you are reconciled to God and his people. Sin no more. Thanks be to God!