

## WHAT IS RECONCILIATION?

Reconciliation (also known as Confession or Penance) is a sacrament instituted by Jesus Christ in his love and mercy to offer sinners forgiveness for offenses committed against God. At the same time, sinners reconcile with the Church, because it is also wounded by our sins.

Every time we sin, we hurt ourselves, other people, and God. In reconciliation, we acknowledge our sins before God and his Church. We express our sorrow in a meaningful way, receive the forgiveness of Christ and his Church, make reparation for what we have done, and resolve to do better in the future.

The forgiveness of sins involves four parts:

- **CONTRITION:** a sincere sorrow for having offended God, and the most important act of the penitent. There can be no forgiveness of sin if we do not have sorrow and a firm resolve not to sin again.
- **CONFESSION:** confronting our sins in a profound way to God by speaking about them, aloud, to the priest.
- **PENANCE:** an important part of our healing is the “penance” the priest imposes in reparation for our sins.
- **ABSOLUTION:** the priest speaks the words by which one is reconciled through God’s love, mercy and forgiveness.

## AN 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 do penance, 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.”

To celebrate the Sacrament of Reconciliation join us for an Evening of Confession, go to confession at a regularly scheduled time at a church near you or contact your local parish.

To find a Catholic church near you, visit [WWW.WELCOMECATHOLICS.COM](http://WWW.WELCOMECATHOLICS.COM) and click on the Parish Locator.

*“Don’t be afraid to go to the Sacrament of Confession,  
where you will meet Jesus who forgives you.”  
- POPE FRANCIS -*

# WELCOME ALL

An Evening of Confession at all Catholic Churches



## RECONCILIATION A SHORT GUIDE



WEDNESDAY, FEBRUARY 28, 2018

5:00 - 8:00 PM

[WWW.WELCOMECATHOLICS.COM](http://WWW.WELCOMECATHOLICS.COM)

# SACRAMENTAL PREPARATION

## HOW TO MAKE A GOOD CONFESSION

Confession is not difficult, but it does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words, and actions for that which did not conform to God's command to love him and one another through his laws and the laws of his Church.

This is called an examination of conscience. To make an examination of conscience:

- Begin with a prayer asking for God's help.
- Review your life with the help of some questions.
- Tell God how truly sorry you are for your sins.
- Make a firm resolution not to sin again.

## EXAMINATION OF CONSCIENCE

Do I love God above everything else? Do I live as a child of God, confident in the Father's mercy?

Do I try to make the world revolve around me? Do I pray every day? Do I devote myself to growing in faith?

Am I thankful? Do I express my gratitude sincerely and outwardly, especially in works of mercy?

Am I forgiving? Do I judge others, label others, exclude others, and condemn others? Is my life ruled by anger, jealousy, envy, or impatience?

Do I misuse speech through cheating, gossiping, backbiting, profanity, blasphemy, complaining, being silent when I should speak, etc? Am I true to my vows, my commitments, my contracts, and my word?

Do the priorities in my life reflect and serve the precious gift of faith God has given me?

Do I recognize how God is present and active in every moment of my life?

## RITE FOR RECONCILIATION

The priest will greet you.

Then, you may begin with the sign of the cross: "In the name of the Father, and of the Son, and the Holy Spirit." The priest will invite you to have trust in God. You answer: "Amen."

The priest may recite a short verse from Scripture, calling for conversion of heart, or recalling God's love and mercy.

Simply begin to confess your sins.

The priest will help you if you are unsure or uneasy. Answer questions without fear or shame. The priest will give you suitable counsel, urge you to repent and return to God, and remind you through the sacrament of Penance we die and rise with Christ, and are renewed in the paschal mystery.

The priest will also propose an act of penance to make satisfaction for your sins and to amend your life.

The priest will ask you to express your sorrow for your sins, which you may do using the Act of Contrition or similar prayer.

The priest will extend his hands over your head and absolve you from your sins.