

Before the Sacrament

Pray
Ask for God's help and guidance.

Think

What poor choices have I made?
Have I been unloving or unkind?

(Examination of Conscience)



Things to remember

RECONCILIATION

During the Sacrament

Welcome

The Priest welcomes me to the Sacrament. We begin with the sign of the Cross. I say "**Amen**"



Confession

In my own words, I tell the Priest my sins, the poor choices I have made. "**I want to say sorry to God for...**"



Penance

The Priest talks to me and gives me a penance. The penance might be to **say** a prayer or **do** something kind.



After the Sacrament

Do...

Make sure you do your penance
and keep trying to make loving
choices every day.

And remember, God loves you.

Amen.

**I will not sin again.
And with your help,
because you are so good,
have sinned against you,
I am very sorry that I
O my God,**

(Act of Contrition)

SORRY PRAYER

Sorry Prayer

(Act of Contrition)

The Priest invites me to tell God I'm sorry. I can use the prayer on the back of this card.



Forgiveness Prayer

(Absolution)

The Priest stretches out his hand over my head and prays. "*I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.*" I say "**Amen.**"



Dismissal

The priest says "Go in peace." I go back to my seat in the church and continue to pray. I thank God for forgiving me.

