

# The Sacrament of Reconciliation

## What is Reconciliation and Why do we need it?

The Sacrament of Reconciliation (also called Confession) was instituted by Jesus Christ in His love and mercy for the Christian Faithful. The sacrament offers the Faithful forgiveness for all offenses committed against God. The Sacrament also reconciles us to the Church because the Church community is also wounded by one's sins.

When we sin, we hurt ourselves, other people and God. Through the sacrament of reconciliation, we acknowledge our sins before God and the Church. We express our sorrow, receive the forgiveness of Christ & the Church, make reparation for what we have done and resolve to do better in the future.

## How Do I Make a Meaningful Confession?

Confession is not hard, but one should properly prepare themselves for the sacrament through an examination of conscience. Begin by placing yourself in the presence of God through prayer. Ask God, Our loving Father for healing and forgiveness. Carefully review your life since your last confession- what thoughts, actions, words have not conformed to God's love, to His Law or to the laws of the Church? Here are some questions based on the 10 Commandments to help you prepare:

- Do I pray to God every day? Have I thanked God for His gifts to me?
- Did I put my faith in danger through readings hostile to Catholic teachings or involvement in non-Catholic sects? Did I engage in superstitious practices: palm-reading or fortune-telling?
- Did I take the name of God in vain? Did I curse or take a false oath?
- Did I miss Mass on Sundays or holy days of obligation through my own fault? Am I attentive at Mass? Did I keep fast and abstinence on the prescribed days?
- Did I disobey my parents and lawful superiors in important matters?
- Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- Did I get drunk? Did I take illicit drugs?
- Did I consent to, recommend, advise or actively take part in an abortion?
- Did I willfully look at pornography, entertain impure thoughts or engage in impure conversations? Did I use artificial means to prevent conception?
- Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage? Did I steal or damage another's property? Have I been honest and just in my business relations?
- Have I been responsive to the needs of the poor and respected the dignity of others?
- Did I tell lies? Did I sin by calumny, or detraction, of others? Did I judge others rashly in serious matters?
- Have I envied other people?

## The Rite of Reconciliation: A Step by Step Guide

The sacrament can be face to face or anonymous with a screen between you and the priest. Choose the option which is the most comfortable for you.

1. The priest gives you a blessing or greeting. He may share a brief Scripture passage.
2. Make the Sign of the Cross and say: "Bless me father, for I have sinned. My last confession was..." (give the number of weeks, months, or years).
3. Confess all of your sins to the priest. The priest will help you to make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Nothing that you say to the priest will ever be revealed. Place your trust in God, a merciful Father who wants to forgive you.
4. Following your confession of sins, say: "I am sorry for these and all of my sins."
5. The priest assigns you a penance and offers advice to help you be a better Catholic.
6. Say an Act of Contrition, expressing your sorrow for your sins. There are several versions of the Act of Contrition but a common one is: "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, do penance, and to amend my life. Amen."
7. The priest, acting in the person of Christ, then absolves you from your sins.
8. After you've left the Confessional or Reconciliation Room: Complete the penance you received.

This condensed guide for the Sacrament of Reconciliation is based on the Archdiocese's "The Light Is On For You," campaign. For more resources please see [www.the-light-is-on.org](http://www.the-light-is-on.org).