

A student's guide to RECONCILIATION

You

Priest

Begin with the
sign of the cross

1

In the name of the
Father, and of the Son,
and of the Holy Spirit.
Amen.

He may reply

May you know God's love
for you, and may God
shine the light of his love
on every area of your life,
especially where you
need healing today.

Then you say

2

Bless me Father for
I have sinned. It has
been ___ weeks/
months since my last
time. My sins are...

Confess your sins
simply and sincerely.
Finish by saying:

For these and all my
sins, I am truly sorry.

He may give you
some advice

"... .."

He will offer a penance
- something that will
draw you closer to God.

3

Express your sorrow

Lord Jesus, Son of God,
have mercy on me
a sinner. Amen.

You can also pray in your
own words, or another
prayer that you may know.

In the name of Jesus,
the priest will pray:

I absolve you from all
your sins, in the name
of the Father, and of the
Son, and of the Holy
Spirit. Amen.

He then invites you to
go in peace, having been
forgiven by God.

Preparing for Reconciliation

This is a joyful meeting with the mercy of God.
In this sacrament, we ask Jesus to forgive our
sins. It is good to prepare for reconciliation, first
by praying something like this:

Jesus, help me to remember the sins I have
committed and to say sorry for them. I know
that you only want to hear my sins so that
you can forgive them. Mother Mary, teach me
how to better love your Son, Jesus, and those
around me.

Then, think about what you want to confess to
Jesus. Here are some examples:

- » Do I take time to talk to Jesus or the Holy Spirit and ask for help?
- » Disobeying or ignoring parents or teachers; being disrespectful towards others; using rude or inappropriate language.
- » Getting angry easily; insulting others, excluding them from games, teasing them, or acting aggressively towards them.
- » Making fun of people or speaking badly about them behind their backs; looking down on others; encouraging others to sin.
- » Not forgiving others or not asking for forgiveness when needed; being impatient or complaining too much.
- » Giving in to laziness: not paying attention in class, skipping homework or chores.
- » Do I spend too much time on games or technology? Do I listen to rude, or look at nude or inappropriate things?
- » Hiding the truth or telling lies to look good, get out of trouble, or get someone else in trouble; cheating in games or in school work.
- » Stealing; taking things without asking; not returning borrowed things; damaging the property of others.
- » Do I actively care for God's good creation?

After Reconciliation:

Spend some time resting in God's love for you.
Let Jesus sit with you. Let him look at you.
Let him love you and forgive you. Let Jesus heal and
take away any wounds that you may have.
Let him fill you with his goodness and anything else
that you need to grow to be a more like him.