



A student's guide to RECONCILIATION

From the Bible

Here are some things that Jesus said that can help you to reflect on reconciliation:

The Pharisees and their scribes were complaining to his disciples, saying, “Why do you eat and drink with tax collectors and sinners?” Jesus answered, “Those who are well have no need of a doctor, but those who are sick; I have not come to call the righteous but sinners to repentance.” (Luke 5)

Then the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his slaves, ‘Quickly, bring out a robe – the best one – and put it on him; put a ring on his finger and sandals on his feet. And get

the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!’ And they began to celebrate. (Luke 15)

But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, ‘God, be merciful to me, a sinner!’ I tell you, this one went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted. (Luke 18)

For if you forgive others their sins, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your sins. (Matthew 6)

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 (or penance or confession), first by praying something like this prayer:

Lord Jesus, shine your light into my heart,
and help me to trust in you.
Let me see those things in my life that stop me
from loving like you do, and free me from them. Amen.

Then, think about the good things you do, and what you may 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?
- » Do I zone out or skip prayer or Mass?
- » Do I tease others, or act aggressively towards them?
- » Am I disrespectful or insulting towards others?
- » Do I use rude or inappropriate language?
- » Do I always do what my parents or teachers ask me to do?
- » Do I help at home? Do I try to keep my room or things tidy?
- » Am I selfish or impatient?



- » Do I fight at home or school?
- » Am I fair with those around me?
- » Do I share my things?
- » Have I cheated or told lies to avoid trouble for myself?
- » Do I leave others out from my games?
- » Do I make fun of others or speak badly about them?
- » Have I held grudges or not forgiven others?
- » Do I ask for forgiveness when needed?
- » Do I spend too much time on games or technology?
- » Do I listen to rude, or look at nude or inappropriate things?
- » Have I stolen anything? Have I taken things without asking?
- » Do I return borrowed things?
- » Have I damaged the property of others?
- » Am I jealous of what others have or who they are?
- » Do I get angry easily?
- » Am I kind and generous to those in need?
- » Do I actively care for God's good creation?



After you have spent time pondering the good and bad things in your life, then you are ready to meet Jesus in the Sacrament of Reconciliation.

Jesus, help me to remember the sins I have committed and to say sorry for them.

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. Amen.

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You

Father

1

Begin with the sign of the cross

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

2

Then you say:

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

Tell your sins simply and sincerely...

Finish by saying:

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

3

Express your sorrow

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

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

O my God I am sorry that
I have sinned against you.
You are good, and with
the help of your grace,
I will not sin again. Amen.

The priest 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.

He may give you some advice

“...”

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

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.*

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 more like him.**