



beginning the sacrament of reconciliation

To begin with, it can help to say:

**BLESS ME, FATHER, FOR I HAVE
SINNED**

And then it can help the priest if you
let him know

HOW LONG IT HAS BEEN
since you last went to the sacrament
of reconciliation - if you've never
been before, that's fine, just tell him!

the act of contrition

O my God,
I'm sorry for my sins because I've
offended you.

I know I should love you above all
things.

Help me to do penance,
To do better,
And to avoid anything that might
lead me to sin.

Amen

penance

Often, the priest will ask you to do
something - normally say some
prayers or read a bit of the Bible or
something similar as a physical sign of
being sorry.

the sacrament of reconciliation

During our lives, we often end up making mistakes - whether it's by things that we do, or by not doing things that we should do. As Christians, we believe that Jesus has already sorted out the mess that we get ourselves into - by living a life that was perfect, and offering his own life up so that we don't have to pay the price for our mistakes - a bit like somebody offering to do detention on our behalf!

WHENEVER we turn to Jesus and say sorry, we are automatically forgiven!

Sometimes, it can help us to talk to somebody about the things that we have done wrong. It helps us to hear aloud that we are forgiven, and it can also help us to get things off our chest!

In the sacrament of reconciliation (or 'confession'), we are free to talk to a priest about WHATEVER we like to - the things that we've done wrong, or finding it difficult to forgive other people who have done wrong things to us.

The priest won't ever judge us for the things we say (they're not allowed to!!!), they'll never tell anybody else what we say, and often they will offer some really good advice if we're in tricky situations.

They've heard it already, and are UNSHOCKABLE!

If you choose to go to reconciliation, you can take this card with you if you like...

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And then it can help the priest if you let him know HOW LONG IT HAS BEEN since you last went to the sacrament of reconciliation - if you've never been before, that's fine, just tell him!

When you're finished telling him whatever you like, he will maybe offer some advice, and will ask you to do something (like say a prayer) as an active way of saying sorry... Sometimes, he might ask you to say an 'Act of Contrition'... this is printed on the other side of this card

When you sit next to the priest, be as honest as you can.

Remember:

Jesus forgives us WHENEVER we say sorry, WHATEVER we've done, and, like the priests, is UNSHOCKABLE