

The steps of Reconciliation

Five words are hidden in the search below. Each word is a part of how you celebrate Reconciliation. Can you find the words that mean:

1. Telling the priest the wrongs that I have done.
2. An act of _____ or prayer that means that I am sorry for my sins.
3. A sign that I belong to God's family.
4. A word that means all my sins are forgiven.
5. An action that I do to show I am sorry for my sins.

Z E H C H Y I E A K F C
 L E L F X Q P U B F V O
 V N D V R Y R Y S K E N
 H I B H D Z C R O S S F
 C S E P B O I K L C Z E
 P E N A N C E L U A C S
 S I X D V L L F T J K S
 X V A B W A N H I V E I
 C O N T R I T I O N L O
 F B X W U Q U Z N S M N

AN EXAMINATION OF CONSCIENCE IS A LOOK AT YOURSELF!

Circle the words Jesus asks us to be.

KIND FORGIVING MEAN TRUTHFUL
 HELPFUL PRAYERFUL SELFISH

Each day answer two questions for yourself: The questions are below with each word written backwards. Can you figure out the questions?

woH nac I ekam srehto ?yppah

tahW seod doG tnaw em ot ?od

An Exercise to Help in Examining Your Conscience

Go over your day—getting up in the morning, going to school, playing around the house, doing things with friends. Imagine what you do every day and think about the people who you see.

Write about what you did today below:

You hold a treasure inside yourself—the gift of who you are. We share the gift of ourselves when we love others and do kind and good deeds out of our love for God.

Imagine God filling your heart with the gift that you need most: patience, kindness, love, strength, comfort, peace.

Think about yourself going through your day acting in a loving and positive way toward family, friends, teachers, classmates, and all who you meet during the day.

What would you keep on doing during your day?

What would you start doing that you are not doing now?

What would you stop doing during your day?

THE STEPS (OR RITE) OF RECONCILIATION

1. Sign of the Cross

You say: **“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”**

“Bless me, Father, for I have sinned.”

**“It has been _____ weeks since my last Confession.
(Or, for the first time only: This is my first Confession).”**

2. Confession of sins

You say: **“These are my sins:”** *(Tell the wrongs you have done).*

When finished, say: **“For these sins and all my sins, I am sorry.”**

3. Accepting a Penance

The priest asks you to say some prayers or to do a good deed as a penance.

4. Say an Act of Contrition

5. Absolution or Forgiveness

The priest says the prayer of absolution and Jesus forgives all your sins.

6. Proclamation of Praise and Dismissal (or Leaving)

You say, **“Thank you.”**

After your confession, spend a few minutes in church, thanking and loving God. Remember to do the penance the priest has given you as soon as you can.

Going to the Sacrament of Reconciliation regularly helps you to love God and others better.

**My God,
I am sorry for my sins
with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love
above all things.**

**I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever
leads me to sin.**

**Our Savior Jesus Christ
suffered and died for us.
In his name, my God,
have mercy.**

Amen.

**Dios mio,
me arrepiento de todo corazón
de todo lo malo que he hecho
y de todo lo bueno que he dejado de hacer,
porque pecando te he ofendido a ti,
que eres el sumo bien
y digno de ser amado sobre todas las cosas.**

**Propongo firmemente, con tu gracia,
cumplir la penitencia,
no volver a pecar y evitar las ocasiones de pecado.**

**Perdóname, Señor,
por los méritos de la pasión
de nuestro Salvador Jesucristo.**

Amén.