

## About Reconciliation

Jesus asks us to love God with all our heart, all our mind and all our soul; and to love our neighbor as ourselves.

Sometimes we do not follow Jesus and we fail to love as we should. This separates us from God. It is the way we sin.

But Jesus loves us too much to let us remain apart. He wants very much to forgive us if only we go to him, say we are sorry and promise to do better. This we do through the Sacrament of reconciliation.

To prepare for this sacrament, it is a good idea to take time to look at your life and ask yourself some questions. This is called an examination of conscience. Take time to read through the questions on the next page.

## Examination of Conscience

1. Do I pray to God every day?
2. Do I behave as a child of God?
3. Do I go to mass every Sunday?  
(During the pandemic, do I read the mass readings at home every Sunday?)
4. Do I respect and listen to my mother and father?
5. Do I fight with my brothers or sisters?
6. Have I hurt anyone by hitting them or pushing them?
7. Have I hurt anyone by what I said or did to them?
8. Did I ever cheat? Do I always play fair?
9. Did I steal anything?  
Do I respect the property of others?
10. Did I ever lie about anything?
11. Do I respect my teachers?
12. Have I neglected my work in school or at home?
13. Do I respect my body and take good care of it?
14. Do I show the old, the sick or the lonely that I care about them?

When you go to confession, either face to face or behind the confessional screen, always remember that the priest represents Jesus. He is there to say “You are forgiven” in the name of Jesus. There is no need to be afraid. The priest is there to help you. He will show you how to let Jesus come into your life.

### Act of Contrition

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 Saviour Jesus Christ suffered and died for us. In his name, my God have mercy. Amen.

### How to Begin your Confession

1. Begin your confession by saying, **“Bless me Father for I have sinned.** It has been (how long) since my last confession. These are my sins.”
2. Tell your sins.
3. When you’ve confessed your sins, say: “for these and all my past sins, I am truly sorry.”



**God loves**  
the young very much

Don Bosco