

The Sacrament of Reconciliation

Reconciliation (also known as Confession) is a Sacrament instituted by Jesus Christ in His love and mercy to offer sinners forgiveness for offenses committed against God. At the same time, sinners reconcile with the Church and the community, which are also wounded by our sins.

Every time we sin, we hurt ourselves, other people, and our relationship with God. In Reconciliation, we acknowledge our sins before God and His Church. We express our sorrow in a meaningful way, receive the forgiveness of Christ and His Church, make reparation for what we have done, and resolve to do better in the future.

The forgiveness of sins involves four parts: Confession, Penance, Contrition and Absolution.

Confession: confronting our sins in a profound way by admitting them aloud to God through the priest.

Penance: an important part of our healing process, the penance is imposed by the priest as the means for us to make reparation for our sins.

Contrition: a sincere sorrow for having offended God and the most important act of the penitent. There can be no forgiveness of sin if we do not have sorrow and a firm resolve not to repeat our sin.

Absolution: the priest speaks the words by which "God, the Father of Mercies" reconciles us - sinners - to Himself through the Suffering, Death, and Resurrection of His Son-Jesus Christ.

How to make a good confession?

Confession is not difficult, but it does require some preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and resolve to sin no more.

Think on each command and make list of actions, which offended GOD. While that examination is fresh in your mind, go to a priest and participate in the Rite of Reconciliation.

Ten Commandments

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.

4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Rite of Reconciliation

Reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Please choose the option that is the most comfortable for you.

1. The priest greets and blesses you. He may share a brief Scripture passage as well.
2. Make the Sign of the Cross and say: "Bless me father, for I have sinned. My last confession was..." (Give the number of weeks, months, or years since your last confession.)
3. **Confess** all of your sins to the priest. The priest will help you to make a good confession. If you are unsure about how to confess or feel uneasy, please let the priest know and ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, our merciful Father, who wants to forgive you.
4. Following your confession of sins say: "I am sorry for these and all of my sins."
5. The priest assigns you a **penance** and offers advice to help you to be a better Catholic.
6. Say an **Act of Contrition** (like the one below), expressing sorrow for your sins.
7. The priest, acting in the person of Christ, then **absolves** you from your sins.
8. You say: "Thank you, Father" or "Thanks be to God."

Act of contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your Grace, to do penance for these sins and to amend my life. Amen.

If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing. - 1 John 1:9

Peace be with you.

Luke 24:36

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