

Quick Guide to the Sacrament of Reconciliation

Before Reconciliation....

1. As we prepare, we use the time to ask God to help us celebrate the Sacrament well. We think about his love for us, his teaching, and all that he has told us about forgiveness. We reflect on what we need to ask God's forgiveness for...
2. Go to the Reconciliation Room when it is ready - lights above the door show this. Try not to worry about what to say, even if you have not celebrated the Sacrament for a long time.

During the Sacrament....

3. When you enter, choose either to kneel on the kneeler or sit in the chair facing the priest.
4. The priest welcomes you as you make the Sign of the Cross. Then say what you have done wrong and are sorry for.
5. The priest listens carefully and discusses this with you, and then proposes a "Penance", a way of showing our true sorrow.
6. We say a Prayer of Sorrow or an Act of Contrition. These are printed on a card. Three such prayers are printed below:

**O my God, because you are so good,
I am very sorry that I have sinned against you and,
with the help of your grace, I will try not to sin again.**

*or: Lord Jesus, forgive me my sins. Help me draw closer to you,
and let your love shine in me for all of my life.*

or: Lord Jesus, have mercy on me, a sinner.

7. We listen to the Prayer of Absolution which the priest speaks clearly. At the end of this, we make the sign of the cross and then leave.

Afterwards....

8. Before leaving Church, perhaps say a prayer to thank God for loving us always and for forgiving us today. In this prayer time we might also ask God to help us do whatever the priest asked us to do. And as we leave, we remember that all that has been said will never be said again: the Sacramental Seal means it is between God and you alone.