



ST. PANCRATIUS CHURCH

FAMILY MINISTRIES

KNOWN *by God* • LOVED *by Jesus* • SENT *by the Holy Spirit*

STEP 4

Then the Priest will ask you to pray the Act of Contrition. It is here:

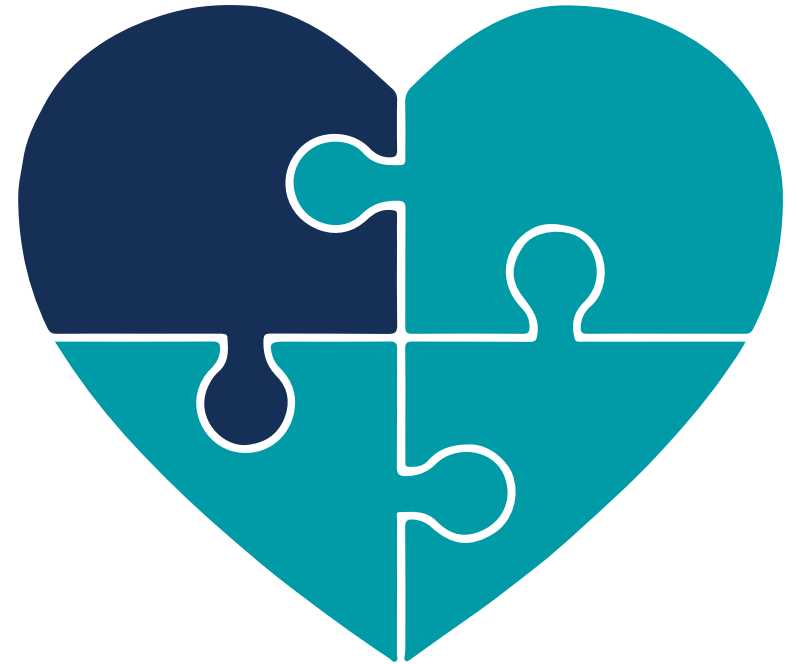
My God, I am sorry for my sins
with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against You
whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In His name, my God, have mercy. Amen

STEP 5

The Priest will raise his hand and pray the words of absolution. Listen to these special words, where your priest, acting in the person of Christ, will forgive you from your sins.

STEP 6

With the Priest, conclude with the sign of the cross and meet your parents to head into the Church to pray.



The Sacrament of **RECONCILIATION**

God designed all of creation to perfectly fit together. Sadly, because of sin, the beautiful picture was broken and it became harder for the pieces to fit.

Core component of being human - ability to love God and love others.

Sin is a break in a relationship thanks to our words, thoughts, actions, and inactions.

Do this a few days before going to Confession

Examination of Conscience

The Examination of Conscience is a time for reflection before asking a priest to hear your confession. These questions will help you prepare for your confession. In reviewing these questions, it's a time to think about your behavior and choices.

1. Have I remembered God in my life each day?
2. Have I hurt God or others by calling them names?
3. Am I making time in my life to go to Church?
4. Have I shown my parents respect and love?
5. Have I lost my temper, or hurt others in anyway?
6. Am I a good and loyal friend?
7. Have I taken things that don't belong to me?
8. Am I always truthful?
9. Do I treat others kindly?
10. Have I been jealous of others?



Guide to Confession

During the Sacrament of Reconciliation a conversation occurs between you and the Priest. The Priest hears your confession and then, in Christ's name, forgives you for your sins. What is said between you and the Priest is private; the Priest will never reveal what you said to anyone.

STEP 1

Sit before the Priest and together make the sign of the cross, saying;

"In the name of the Father, and of the Son, and of the Holy Spirit. Forgive me Father for I have sinned, this is my first confession".

STEP 2

The Priest will ask you to say your sins. This is the time to tell God all that you are sorry for.

STEP 3

Listen to what the Priest says. He will ask you to complete some form of penance. Most likely, it will be some prayers to say when you go into the Church.