

Catholic Canon Law teaches that every Catholic is 'obliged to confess faithfully his or her grave sins at least once a year'.

Going to the Sacrament of Reconciliation is not difficult, but it does require preparation. Remember, that there is the 'seal of confession' which means that everything you say is between you, the priest and God. The priest can NEVER reveal what you have said.

Firstly you need to place yourself in the presence of God, Our loving Father. You seek healing and forgiveness through repentance and a resolve to sin no more.

You review your life, searching your thoughts and actions that have not conformed to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

Rite of Reconciliation

You say: Bless me Father for I have sinned.

It is (a week, a month, years, a while) since my last Confession.

You share your sins with the priest:

You talk to about the things you find difficult in your life, the times when you have been thoughtless, or unkind, told lies etc, for the times when you have made the wrong choices and hurt other people. For the times when you have not shown God's love to others.

When you have finished, you can end with

" For these and all my other sins which I cannot now remember I am truly sorry."

You listen

The priest will give you some prayers to say afterwards or something to do as a penance. This is important, because it is part of being reconciled with God.

The priest will ask you to say an Act of Sorrow. This might be

O my God, I thank you for loving me. I am sorry for all my sins,

For not loving others and not loving you.

Help me to live like Jesus and not to sin again. Amen.

You listen:

The Priest will give you absolution

God, the Father of Mercies, through the Death and Resurrection of His Son has reconciled the world to Himself and poured out the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God grant you pardon and peace. I absolve you from your sins. In the name of the Father, the Son and the Holy Spirit. Amen

Go in Peace and sin no more.