

## MEETING JESUS IN THE SACRAMENT OF RECONCILIATION

**Steps to Remember** when you confess your sins:

1. Make the **Sign of the Cross** and tell the priest **how long it has been since your last confession**. Listen to the prayer the priest says asking God to help you.
2. **Tell the priest your sins**. If you forget something, tell the priest. He realizes that you might be a little nervous; it's alright, take a deep breath.
3. **Listen to how the priest tells you to make up for your sins**. If you can't hear the priest, tell him. Remember, he is there for YOU, to help YOU. He prays for YOU.
4. **Say an Act of Contrition**.
5. **Make the Sign of the Cross** when the priest gives you absolution.
6. **Thank the priest** and leave the reconciliation room. Example: "Thank you Father" or "God bless you Father".
7. **Do the penance the priest gave you**. Go to the sanctuary or back to a pew and, in silence, kneel and pray. Also, thank God for his goodness to you and the gift of the sacrament you have just received. If your penance was an action rather than a prayer, try to do it as soon as possible, but kneel down and thank God before you leave the church.