



# A student's guide to RECONCILIATION

## From the Bible

*Here are some things that Jesus said that can help you to reflect on reconciliation:*

The Pharisees and their scribes were complaining to his disciples, saying, “Why do you eat and drink with tax collectors and sinners?” Jesus answered, “Those who are well have no need of a doctor, but those who are sick; I have not come to call the righteous but sinners to repentance.” (Luke 5)

Then the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his slaves, ‘Quickly, bring out a robe – the best one – and put it on him; put a ring on his finger and sandals on his feet. And get

the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!’ And they began to celebrate. (Luke 15)

But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, ‘God, be merciful to me, a sinner!’ I tell you, this one went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted. (Luke 18)

For if you forgive others their sins, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your sins. (Matthew 6)

# Preparing for Reconciliation

*This is a joyful meeting with the mercy of God.*

*In this sacrament, we ask Jesus to forgive our sins.*

*It is good to prepare for reconciliation (or penance or confession), first by praying something like this prayer:*

**Lord Jesus, shine your light into my heart,  
and help me to trust in you.  
Let me see those things in my life that stop me  
from loving like you do, and free me from them. Amen.**

*Then, think about the good things you do, and what you may want to confess to Jesus. Here are some examples:*

- » Do I take time to talk to Jesus and ask him for his help?
- » Do I skip prayer or Mass?
- » Do I get distracted or distract others on purpose in Church?
- » Am I disrespectful towards others?
- » Do I use rude or inappropriate language?
- » Do I always do what my parents or teachers ask me to do?
- » Do I help at home? Do I try to keep my room tidy?
- » Do I help my parents and my brothers and sisters?
- » Am I impatient or complain too much?
- » Do I skip homework or chores?
- » Do I share my things with those around me?
- » Do I ever tell lies to avoid trouble for myself?
- » Do I get angry easily?
- » Do I insult others, or exclude them from games?

- » Do I tease others, or act aggressively towards them?
- » Do I make fun of people or speak badly about them?
- » Do I look down on others; or encourage others to sin?
- » Do I leave people out from my games?
- » Am I fair with those around me?
- » Do I forgive others? Do I ask for forgiveness when needed?
- » Do I cheat in games or in school work?
- » Do I give in to laziness? Do I pay attention in class?
- » Do I spend too much time on games or technology?
- » Do I listen to rude, or look at nude or inappropriate things?
- » Have I stolen anything? Have I taken things without asking?
- » Do I return borrowed things?
- » Have I damaged the property of others?
- » Am I jealous of what others have or who they are?



*After you have spent time pondering the good and bad things in your life, then you are ready to meet the Lord in the Sacrament of Reconciliation.*

Jesus, help me to remember the sins I have committed and to say sorry for them. I know that you only want to hear my sins so that you can forgive them.  
Mother Mary, teach me how to better love your Son, Jesus, and those around me. Amen.

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You

Priest

*Begin with the sign of the cross*

In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

*Then you say*

Bless me father for I have sinned.  
It has been \_\_\_ weeks/months  
since my last time. My sins are...

*Tell your sins simply and sincerely.  
Finish by saying:*

For these and all my sins,  
I am truly sorry.

*Express your sorrow*

Lord Jesus, Son of God,  
have mercy on me  
a sinner. Amen.

*You can also pray in your own words,  
the prayer below,  
or another prayer that you may know.*

1

*He may reply*

May you know God's love for  
you, and may God shine the  
light of his love on every area of  
your life, especially where you  
need healing today.

2

*He may give you some advice*

"... .."

*He will offer a penance - something  
that will draw you closer to God.*

3

*In the name of Jesus, the priest will pray:*

I absolve you from all your sins,  
in the name of the Father,  
and of the Son, and of the  
Holy Spirit. Amen.

*He then invites you to go in peace,  
having been forgiven by God.*

O my God I am sorry that  
I have sinned against you.  
You are good, and with  
the help of your grace,  
I will not sin again. Amen.

## After Reconciliation:

Spend some time resting in God's love for you.

Let Jesus sit with you. Let him look at you.

Let him love you and forgive you. Let Jesus heal  
and take away any wounds that you may have.

Let him fill you with his goodness and anything  
else that you need to grow to be more like him.