



A guide to RECONCILIATION

With an examination of conscience
based on the Great Commandment

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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

Brief Examination of Conscience based on the Great Commandment

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

It is good to prepare for reconciliation by praying something like this:

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.

Ask the Holy Spirit for his light to help us recognise where we've fallen short.

When asked what the greatest commandment was, Jesus proclaimed this:

*“You shall love the Lord, your God, with all your heart, with all your life,
and with all your strength. This is the greatest and the first commandment.
The second is like it: You shall love your neighbour as yourself.
The whole law and the prophets depend on these two commandments.”*

**“You shall love the Lord with all your heart, with all your life,
and with all your strength.”**

Do I place other people, things, or any of my own plans and desires above God?

- » What is my relationship with God like right now?
- » Am I striving to live for God in all that I do?
- » Do I make it the habit of my life to know and love God better?
- » Do I actively grow in my faith and love of God?
- » Do I make time to pray regularly?

“You shall love your neighbour as yourself.”

- » How do I love the people around me?
- » Do I love them as God does?
- » Do I see all people - the poor, the outcast, those who are different from me,
those who disagree with me - as my neighbours?

- » What about my actual next-door neighbours?
- » Do I reach out to them, invite them into friendship?
- » Am I jealous of others?
- » Do I read or look at things that disrespect the bodies of others?
- » Have I failed to help a friend in need?
- » Have I hurt anyone physically or emotionally?

Do I love myself as God loves me?

- » Do I make space to receive God's love for me?
- » Do I seek the life that will make me happiest, lead me to Heaven?
- » Or do I settle for lesser things?
- » Do I treat my body with respect and honour?
- » Am I grateful for the gifts that God has given me?

It can be overwhelming to realise how many areas we could grow in to uphold the life and dignity of all human beings, created in the image of God.

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



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You

Father

1 Begin with the sign of the cross:

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

2 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.

3 Express your sorrow:

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

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

The priest 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.

He may give you some advice

“... ..”

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

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.