

Reconciliation Study Packet

1. Why did God create you?

God made me to know Him, love Him, and serve Him in this world, so to be happy with Him in Heaven.

2. What happens in the Sacrament of Baptism?

- 1) God forgives us of all sin.
- 2) God makes us a son or daughter in His family.
- 3) God makes us members of the Catholic Church.



Sin

3. What is sin?

We sin when we offend God in our

- 1) Thoughts
- 2) words
- 3) actions
- 4) or when we fail to do the right thing.

When we sin, we turn away from God and the Church.



4. What is Mortal(serious) Sin (all 3 of these)

- 1) Something that is **SERIOUSLY WRONG**, AND
- 2) I **KNEW** it was wrong, AND
- 3) I **CHOSE** to do it

5. What does mortal sin do to our relationship with God?

Mortal sin destroys our relationship with God—we are cut off from God & the Church when we commit even 1 mortal (serious) sin.



6. What is venial (less serious) sin?

- 1) It is **less serious** than mortal sin.
- 2) It hurts our relationship with God but allows God's life to remain in us.

7. Does God still love you even if you sin?

Yes.

The Sacrament of Confession



8. How are we forgiven of our sins?

After Baptism, God forgives sins in the Sacrament of Confession.

9. Where is the Sacrament of Confession in the Bible?

After His resurrection, Jesus passed on his mission to forgive sins to His Apostles, telling them, "As the Father has sent me, even so I send you...Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained" (John 20:21-23).

10. What are other names for the Sacrament of Confession?

Reconciliation and Penance.



11. What are the 5 steps of Confession?

- 1) Find out my sins (Do an Examination of Conscience)
- 2) Have Contrition (Be sorry for your sins)
- 3) Have a firm purpose of amendment (Decide to do your best to not sin again)
- 4) Confess my sins to a Priest
- 5) Do the Penance the Priest gives me

STEP 1: EXAMINATION OF CONSCIENCE

12. What are the laws that God gave Moses so that we might know what was right and what was wrong?

The Ten Commandments.

13. What are the Ten Commandments?

- 1) I am the LORD your God: you shall have no other gods before me.
- 2) You shall not take the name of the LORD your God in vain.
- 3) Remember to keep holy the Lord's Day.
- 4) Honor your father and your mother.
- 5) You shall not kill.
- 6) You shall not commit adultery.
- 7) You shall not steal
- 8) You shall not bear false witness (lie) against your neighbor
- 9) You shall not covet (desire) your neighbors' wife
- 10) You shall not covet (desire) your neighbor's good



14. What is my conscience?

God's voice in me that helps me know whether something I do is good or evil, right or wrong.

15. How do I examine my conscience?

I must learn God's laws and then look at my own life to see if you have obeyed or broken God's laws.

STEP 2: CONTRITION

16. What are the 3 parts of Contrition?

- 1) **Being sorry** for my sins
- 2) **Hating the sins** I committed
- 3) **Trying to be better and change** so I don't sin again

STEP 3: FIRM PURPOSE OF AMENDMENT

17. What is a firm purpose of Amendment?

A Decision to do my best to not sin again.

STEP 4: CONFESSION

18. Who do I confess my sins to?

To God through a priest.

19. Do I have to confess all of my mortal (serious) sins?

Yes, I must confess all of my serious sins.

20. What is the name of the prayer I have to pray in Confession?

The Act of Contrition



21. What is the prayer of absolution?

It is the prayer the priest prays to wash away or forgive my sins.

22. In the Sacrament of Confession, who forgives your sins?

Only God forgives sins. God uses the priest as an instrument and sign of his mercy.

23. If I am not sorry for my sins, will they be forgiven?

No.

STEP 5: PENANCE

24. What do I have to do as soon as I leave the confessional?
Penance.

25. What is Penance?

It is what the priest tells you to do to help you make up for the wrong you have done to God, to others, and to yourself.

26. What kinds of Penance can the Priest give me?

A Penance is often a prayer, a work of charity, or a sacrifice (giving up something you like).



OTHER STUFF TO KNOW ABOUT CONFESSION

27. Can the Priest tell someone else what I confessed?

No, the priest is sworn to secrecy and cannot tell anyone what I confessed.

28. How often should I go to Confession?

At least once every month and every time I commit mortal (serious) sin.

29. If I have committed a serious sin, can I receive Holy Communion?

No, I must go to confession before I can receive Communion.

30. Why is the Sacrament of Confession important?

Through this Sacrament, we heal our relationship with God, His Church and our souls. God also gives us His grace (or Help) to stop sin and live a holy life following God's laws.



Prayers/ Oraciones

The Sign of the Cross

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

La Señal De La Cruz

En el nombre del Padre, y del Hijo, y del
Espíritu Santo.
Amén.

Our Father

Our Father,
Who art in heaven,
hallowed by Thy name.
Thy kingdom come,
Thy will be done on earth as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.

Padre Nuestro

Padre nuestro,
que estás en el cielo,
santificado sea tu Nombre;
Venga tu reino;
hágase tu voluntad en la tierra como en el cielo.
Danos hoy nuestro pan de cada día;
Perdona nuestras ofensas,
como también nosotros perdonamos a los que
nos ofenden.
No nos dejes caer en tentación
y líbranos del mal. Amén.

Hail Mary

Hail Mary, full of grace,
the Lord is with thee:
blessed art thou among women,
and blessed is the Fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

Ave María

Dios te salve, María. Llena eres de gracia;
El Señor es contigo;
Bendita tú eres entre todas las mujeres,
y bendito es el fruto de tu vientre, Jesús.
Santa María, Madre de Dios,
ruega por nosotros pecadores,
ahora y en la hora de nuestra muerte. Amén.

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now, and will be
forever. Amen.

Gloria

Gloria al Padre, al Hijo y al Espíritu Santo.
Como era en el principio, ahora y siempre,
por los siglos de los siglos. Amén.

Act of Contrition

O my God, I am sorry for having offended You, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to do penance, sin no more, and to amend my life. Amen.

Un Acto de Contrición

Dios mío, con todo mi corazón Me arrepiento de todo el mal que he hecho Y de todo lo bueno que he dejado de hacer. Al pecar, te he ofendido a tú, que eres el supremo bien y digno de ser amado sobre todas las cosas. Propongo firmemente, con la ayuda de tu gracia, hacer penitencia, no volver a pecar y huir de las ocasiones de pecado. Amen.