1. Begin by praying the Act of Contrition.
2. We know that we’re not responsible for original sin but what about personal sin: discuss very briefly.
3. Before we talk about anything that happens during reconciliation you need to know that there is what’s called the seal of confession. This means that as soon as you leave the priest forgets everything that you have said and he can’t tell anybody, not even your parents what you have said. If you see him somewhere after it will be like you never even told him your sins. It’s all good.
4. There are 5 ‘shuns’ involved in the sacrament of Reconciliation; they are: (write on the board;
5. Examination – when we go to a doctor they check out all of the parts of us that might be healthy or not healthy. We know that our soul is healthy when we are following the Great Commandment -?- What’s harder is searching to see what might be unhealthy about our soul – to do this we do an examination of our conscience, kind of a checklist of what we might have done that hurts our friendship with God, how do you think we can do this? – discussion (ten commandments, . . .
6. Contrition – are we sorry for these things that we might have done? – perfect and imperfect contrition – tell God we are sorry for our sins and we will try to do better
7. Confession – We go in the confessional -
8. first we make the Sign of the Cross, then you will say it is your first confession (otherwise you say how long it has been) then you list your sins starting from mortal sins and working from there –
9. the priest tells us what we can do to make it better – have students come up with some suggestions
10. pray an Act of Contrition

1. Absolution – what does absolution mean? This is where the priest gives us absolution He’ll say something like; “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.” We respond, “Amen.”
2. Satisfaction – Here is where we do the penance that the priest told us – what was that like?
3. Read as much of the following story after explaining that this is not my story but one that I found very interesting. Use what is relevant and able to be used in the time allowed.
4. **The Glory of Confession** Posted on [May 29, 2012](http://www.piercedhands.com/the-glory-of-confession/) by [Meg](http://www.piercedhands.com/author/admin/)
5. Sometimes your peers are less stupid than you, though.  Sure, it would be better to follow the Saints or wise adults or pretty much anybody over the age of 30, but peer pressure isn’t always bad.  In fact, everything good in my life is a result of peer pressure.
6. You see, if no one’s paying special attention, it’s pretty easy for a Catholic kid growing up in America to make it from First Reconciliation through Confirmation without making a second reconciliation. It’s an unfortunate truth, all the more so when the kid in question lied in her first confession. Yup—I told him I broke a cup and blamed it on my sister. Not true. She broke the cup .What a pathetic way to enter into mortal sin.\*(constant venial sin)
7. Once I found myself in mortal sin, I just kept digging myself in deeper.  I had a field day with lying, cheating, stealing, and cursing . . . .
8. Years later: She was at a retreat with some friends who went to reconcilliation watched them go, I became convinced that if I didn’t go to confession, none of them would be friends with me. There is no worse threat you can issue to a thirteen-year-old girl.
9. And so, unprepared as I was, I got up when it was my turn . . . with a patient priest who heard what was functionally my first confession and turned my world upside down.  That day, I was returned to a state of grace and was introduced to Jesus Christ, the love of my life. . . . I owe my joy, my career, and my life to the grace that flooded my soul that chilly March evening.
10. **God Said So**
11. “I’m sure that was very nice for you,” some of you are thinking right now.  “But I *don’t (think I will)* enjoy confession.  Why should I go?”
12. The simple answer?  God said so.
13. Jesus said to his disciples, “Peace be with you.  As the Father has sent me, so I send you.”  And when he had said this, he breathed on them and said, “Receive the Holy Spirit.  Whose sins you forgive are forgiven them.  Whose sins you retain are retained.” (Jn 20:21-23)
14. It’s important here that we look at what Jesus said *and* what he did.  Here, Jesus doesn’t just give the Apostles a job.  He *breathes on them*.  The only other time in Scripture that we see God breathing on someone is in Genesis: “The Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being” (Gen 2:7).  Adam was clay, lifeless, until God breathed on him.  The breath of God made him more like God; it made him a man—something totally different from what he had been. Jesus’ breath has the same effect on the Apostles: it makes them more like God. It changes them into something different. Here, they become priests, able to forgive sins with the power of Christ’s forgiveness.
15. When Jesus gives the Apostles the power to forgive sins, he isn’t just encouraging them to be forgiving, as he is in the Sermon on the Mount.  He’s telling them that the forgiveness they offer *actually does something*.  And it’s pretty clear that the Apostles are being told not just to offer forgiveness but actually to hear confessions in some form—how can they refuse forgiveness without knowing the sin and its circumstances?
16. The Epistle of St. James makes that even clearer: “Confess your sins to one another and pray for one another that you may be healed.  The fervent prayer of a righteous man is powerful indeed” (Jas 5:16).  James tells us that we can’t just ask God for forgiveness; we have to confess our sins *to one another*—to priests, if we’re reading it together with the Gospel of John. From these two verses, we can see that Jesus has sent priests with a ministry of reconciliation, receiving penitents and forgiving them in Jesus’ name, by the power of the Holy Spirit.
17. Sure, in the early Church it looked different from what we’re used to—they actually had to confess in front of the whole church and then do a penance that could take years.  (Makes you wonder why you complain about whispering to a priest who can’t even see you….)  But the basics of the Sacrament—the form, matter and minister—haven’t changed since the time of Christ.
18. **It’s for Your Own Good**
19. Our God isn’t arbitrary, though, and He doesn’t enjoy watching us suffer. The Sacrament of Reconciliation exists for a number of purposes, all closely tied to human nature.
20. If you’re going to shape up, you really have to regret your past. I don’t know about you, but I feel a *lot* sorrier for my sins when I have to say them out loud.  It’s all well and good to tell God you’re sorry about something—He already knows about it.  You have to be really sorry to be willing to accuse yourself of it to somebody else, though.  And since sin is rooted in pride, the humility required in the confessional is the antidote.  Besides, how many of us have withstood temptation simply because we couldn’t bear the idea of confessing it?
21. For those of us who have habitual sins to overcome, the process of examination of conscience and confession can be invaluable.  I had my conversion in the eighth grade, but I still cursed like a sailor—until I realized that I confessed cursing every time I went to confession.  Maybe a year after my conversion, I came to a sudden realization that confessing cursing meant I actually had to stop. Something about saying the same thing every time makes you *desperate* to change, in a way that I don’t think I would have been without that monthly reminder.
22. If nothing else (and this is true of all Sacraments), we need something physical to feed our senses, since we are physical and spiritual creatures. The experience of hearing the words “I absolve you” makes it impossible to deny that you are forgiven, loved, and made new in Christ. Now, knowing this and believing it can be very different things, but when it comes down to it, a believing Catholic can give an exact moment at which her sins were forgiven.  However she feels about her past, she knows God, who gave us this Sacrament so we could experience the joy of certain absolution, has forgiven her.
23. There are any number of reasons that God gave us this Sacrament, and there are any number of reasons to take advantage of it.  Go because you can’t live with what you’ve done.  Go because you know there’s something missing in your life.  Go because you want to be at peace with the Lord.  Go because it would make your grandmother proud.  God is so desperate to forgive you, He’ll accept you for any reason—even adolescent vanity. You have nothing to lose but your sin.  You have everything to gain.
24. Fast Facts about Confession:

* Catholics are required to confess all mortal sins (serious sins that you willingly committed, knowing they were wrong) at least once a year.  
  -Even if you’re not in a state of mortal sin, this is a good minimum  
  -It’s a better idea to go every Advent and Lent—better yet to go once a month!
* You’re only required to confess mortal sins (being specific about the sin and the approximate number of times you committed it), but you’re encouraged to confess venial sins
* If you forget to confess a sin, you’ve got nothing to worry about—it’s covered.  If you leave one out on purpose, your confession is invalid and you’ve added the sin of making a bad confession to your list.
* Your sins are forgiven at the moment of absolution (“I absolve you of your sins….”) if you are intending to do your penance.
* To be forgiven, you have to want to avoid those sins in the future.  You do not have to be certain that you will never sin again.  That would be ridiculous.

<http://www.piercedhands.com/the-glory-of-confession>

First Reconciliation

**Together –** In the name of the Father and of the Son and of the Holy Spirit ±

**Priest** – Hello

**Youth –** bless me father for I have sinned. This is my first confession.

**Priest** - What are your sins?

**Youth –** I took a cigarette when my friend gave me one and I smoked it a little.

I sneaked some junk food and ate it before dinner even though my mother told me not to.

I rolled up my shorts when I got to school so everyone would think I looked sexy like the

people on TV.

I downloaded a paper from online so I wouldn’t have to write mine for homework.

I told my dad that my brother spilled the paint can in the garage when it was me.

I argued that I didn’t want to go to mass and then slept when I got there.

I cursed when I was on the bus because everybody else was doing it.

On a dare I pushed someone’s books out of their arms in the hall at school.

**Priest** – It sounds like you pay a lot of attention to what everyone else is doing instead of what

God would like you to do like sneaking food or stealing a paper from online.

**Youth** – Yeah (looks down)

**Priest** – Maybe you should stop and ask God if something is right before you do it if you wonder if it is the wrong choice.

**Youth –** (look up, smile a little) Okay.

**Priest** – You know God made us all in His image and so you should treat yourself and others with respect and not bully them or treat your body badly like smoking and not dressing nicely.

God likes to see us at mass and He usually has something special to say to us every week so we should respect that time, and His name when we are not at mass.

**Youth** – I guess so.

**Priest** – Are you ready to try harder to listen to God more? I think it would help if your penance is to pray two Our Father’s and one Hail Mary, Okay.

**Youth** – Okay. pray (start the act of contrition or the priest might get you started if you seem nervous) (during a communal reconciliation service everyone may pray the act of contrition together) Oh my God I am heartily sorry and I detest all my sins because of your just punishments 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 sin no more and to avoid the near occasions of sin. Amen

**Priest** - (puts his hand over/toward your head) God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the + Father and of the Son, and of the Holy Spirit.

**Together** - Amen

**Priest** - Give thanks to the Lord , for he is good.

**Youth** - His Mercy endures forever.

**Priest** - Go in peace.