

## **The stages of the Sacrament of Reconciliation:**

- 1** The penitent (person confessing his/her sins), takes time to examine their conscience (life). This means to think about the times they have not followed Jesus' way of love and kindness.
- 2** The priest welcomes the penitent, and they both make the Sign of the Cross.
- 3** The penitent confesses (tells the priest his/her sins).
- 4** The priest talks kindly to them and encourages them to do or say something to make up for what they have done wrong. This is called a penance.
- 5** The person then prays an act of sorrow, which includes the promise to try not to do the same again.
- 6** The priest says the words of forgiveness and absolution.
- 7** The person leaves the priest and prays and thanks God for forgiving them and completes the penance the priest has asked them to do.