

**RCIA Make Up Video Lesson Sheet**

**Lesson 21 – Reconciliation; Confession to a Human Being; Examination of Conscience  
(Before the Sacrament of Reconciliation); Tips to Make a Good Confession  
Presenters: Fr. Bill McCann and Richard Hinderliter**

Name \_\_\_\_\_

1. Fr. Bill explains the steps of attending the sacrament of reconciliation. When you confess your sins, what should you mention first?
2. As we go to confession more, is it “normal” that we might struggle over and over with a certain type of sin?  
\_\_\_\_\_ Yes                      \_\_\_\_\_ No

What things can we do to overcome those sins that we tend to repeat and struggle to fight against?

3. Can a priest tell anyone what he hears in confession?  
\_\_\_\_\_ Yes                      \_\_\_\_\_ No
4. What was the message of the song that Richard played?

5. Why does the Catholic Church require us to confess to a human being (the priest)?

6. When you receive “absolution” from the priest, who is really giving you that absolution?

7. We must be “contrite” (sorry) before we go to confession.

What is “perfect contrition”:

What is “imperfect contrition”:

**Remember: Both of these states of contrition are gifts from God!**

8. If you miss your annual confession, or if you have committed mortal sin, can you receive communion?

\_\_\_\_\_ Yes                      \_\_\_\_\_ No

What must you do to be free to receive communion again?

9. According to St. Thomas Aquinas, what should you do when you come out of confession?

\_\_\_\_\_                      Run to your car and leave quickly

\_\_\_\_\_                      Go forth and do good works

\_\_\_\_\_                      Go and continue to sin

10. When sinful thoughts come into your mind, what are some ways to stop them?