Sacrament of Penance and Reconciliation Resources

A Guide to the Sacrament of Penance from the Pennsylvania Bishops
(Includes the steps for how to go to Confession):
http://www.ewtn.com/library/BISHOPS/GUIDEPEN.HTM

Top 10 Reasons to go to Confession

Information on the Sacrament of Penance and Reconciliation from the United States Conference of Catholic Bishops

Examinations of Conscience

Examinations of Conscience for Adults:

A Primer for Confession with an Examination of Conscience by Father Frederick Miller, New Hope Publications
http://www.newhope-ky.org/catecheticalpamphlets.htm
Examination of Conscience for Teenagers and Young Adults:
http://www.thelightisonforyou.org/pdfs/TheLightIsOnForYou_ExaminationForTeenagersAndYoungAdults.pdf

Examinations of Conscience for Children:
http://www.ncregister.com/info/confession_guide_for_children/

Living the 10 Commandments for Children by R Gortler/D. Piscitelli, Our Sunday Visitor, Inc.

Some Important Scripture passages when discussing the Sacrament of Penance:

Gospel of John 20: 19-23, 2 Corinthians 5:17-20, Gospel of Matthew 18:18

Scripture passages on varying gravity of sin
1 John 5: 16-17

From the Catechism of the Catholic Church

Effects of the Sacrament of Penance
Catechism of the Catholic Church, Paragraphs 1468 – 1470, 1496

Grace
Catechism of the Catholic Church, Paragraphs 1987 – 2029

Sin
Catechism of the Catholic Church, Paragraphs 1849 – 1876
1984 Apostolic Exhortation of Pope John Paul II on the Sacrament of Penance: *Reconciliatio et Paenitentia*