

## 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**

<http://usccbmedia.blogspot.com/2011/07/confession-it-puts-you-straight-with.html>

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

<http://www.usccb.org/prayer-and-worship/sacraments/penance/index.cfm>

**Examinations of Conscience**

Examinations of Conscience for Adults:

<http://www.catholicnewsagency.com/resource.php?n=563>

*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](http://www.thelightisonforyou.org/pdfs/TheLightIsOnForYou_ExaminationForTeenagersAndYoungAdults.pdf)

**Examinations of Conscience for Children:**

[http://www.ncregister.com/info/confession\\_guide\\_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.**

<https://catalog.osv.com/Catalog.aspx?SimpleDisplay=true&ProductCode=T282>

### **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***

**[http://www.vatican.va/holy\\_father/john\\_paul\\_ii/apost\\_exhortations/documents/hf\\_jp-ii\\_exh\\_02121984\\_reconciliatio-et-paenitentia\\_en.html](http://www.vatican.va/holy_father/john_paul_ii/apost_exhortations/documents/hf_jp-ii_exh_02121984_reconciliatio-et-paenitentia_en.html)**