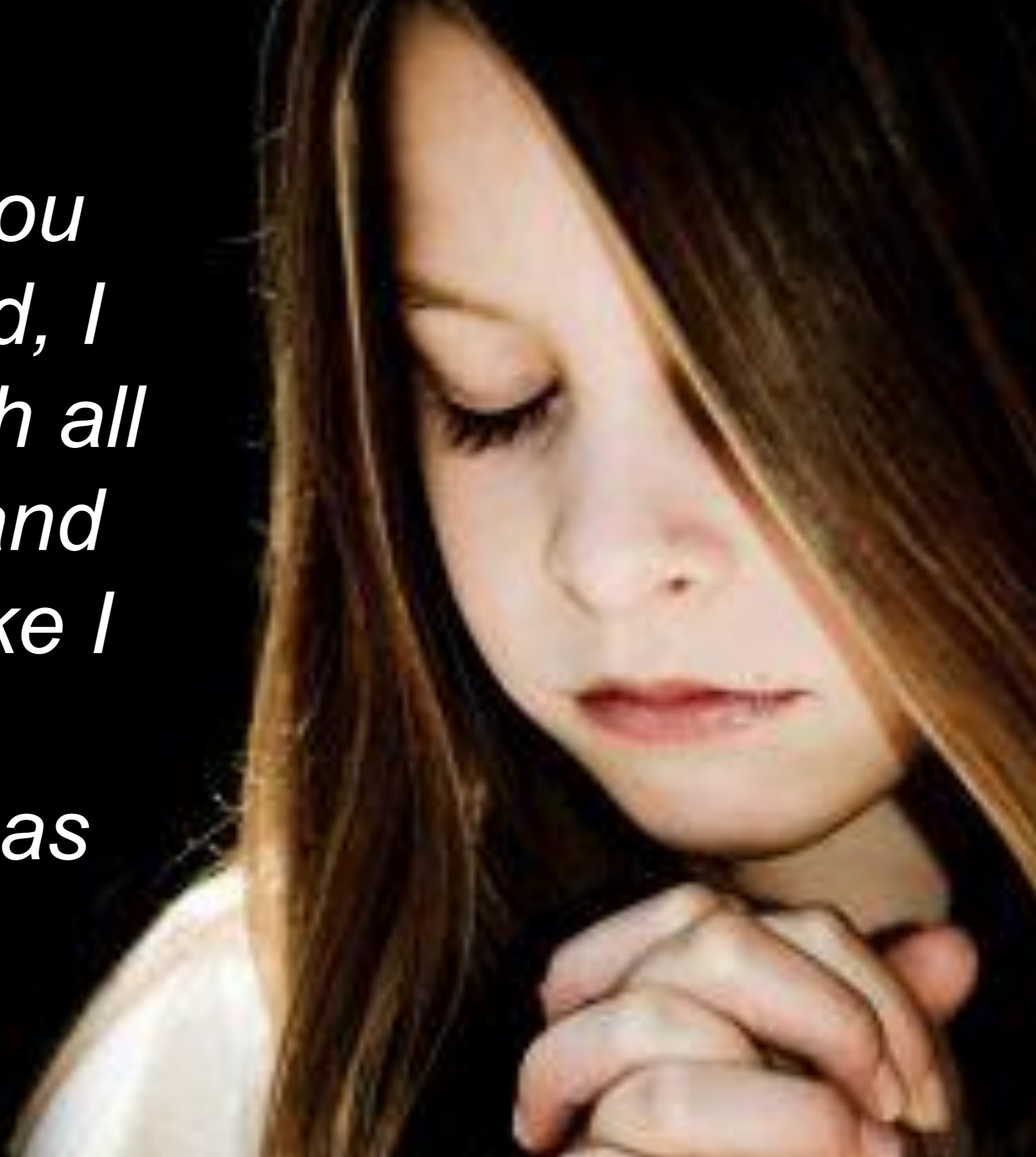


Christians Building Bridges



Christians try to build bridges towards each other every day. They 'examine their conscience' This means thinking about what they've done during the day to make friendship stronger between themselves and God and between each other. They thank God for that by praying an act of love.

*My God,
because you
are so good, I
love you with all
my heart, and
for your sake I
love my
neighbour as
myself.*

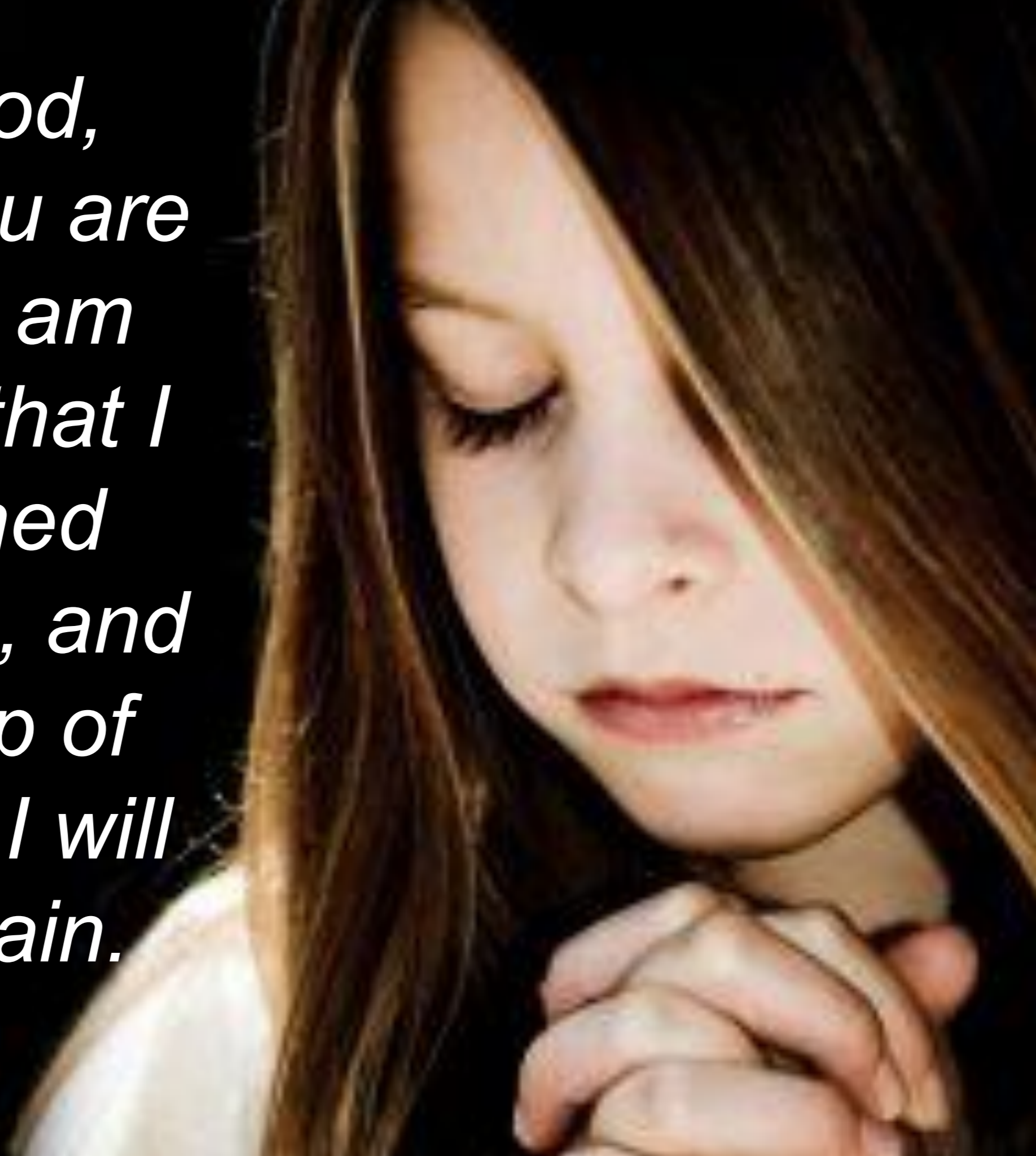


They think about what they've done during the day that might have spoiled friendships and they say sorry for that.

They say an Act of Contrition.

*Oh my God,
because you are
so good, I am
very sorry that I
have sinned
against you, and
by the help of
your grace I will
not sin again.*

Amen



The Sacrament of Reconciliation - a bridge between God and people and between people.



When christians come together to celebrate the Sacrament they:

listen to readings from the Bible

sing hymns

examine their conscience

confess their sins

say they will not sin again

make an Act of Contrition

do or say something to make up for their sins

receive God's forgiveness through the priest.