



FIRST RECONCILIATION

A Guide to your First Reconciliation

Make an Examination of Conscience:

Review your thoughts, actions, and omissions.

Words to say in the confessional:

1. *Make the sign of the cross...* “In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.”
2. “Bless me Father for I have sinned. This is my first confession and these are my sins... *(tell priest your sins now)*
3. Say, “For these and all my sins, I am sorry and ask forgiveness from God.”
4. *The priest gives an act of penance and invites you to pray an Act of Contrition.*

Act of Contrition:

**O my God, I am sorry for my sins.
In choosing to do wrong, and failing to do good,
I have sinned against you and your Church.
I firmly intend, with the help of your Son,
to make up for my sins and to love as I should.
Amen.**

5. *He will extend his hand and say the prayer of absolution.*
6. *Make the sign of the cross...* “In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.” Say, “*Thank you.*”
7. You then return to your seat, kneel, and perform your assigned penance as soon as possible.