

## A GUIDE TO FIRST RECONCILIATION

- 1. Sign of the Cross-** In the Name of the Father, and of the Son, and of the Holy Spirit
- 2. Then say, “Bless me Father for I have sinned. This is my first confession. These are my sins.”**

- 3. Tell your sins simply and honestly to the priest.**

Listen as he talks to you. He may ask you questions, just be honest.

- 4. Accept your penance.**

This is when the priest will tell you what you need to do to make up for the wrongs things that you have done. Listen carefully, and repeat your penance back to the priest. If you’re not sure what was said, ask.

- 5. Say “The Act of Contrition”**

My God, I am sorry for my sins with all my heart. In choosing to do wrong, and failing to do good. I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ, suffered and died for us. In His name my God have mercy. **Amen**

- 6. The priest will grant you Absolution.**

This is when the priest will place his hand over your head and say a special prayer of Absolution. You will make the Sign of the Cross when you hear the priest say; **“I absolve you from your sins, In the name of the Father and of the Son and of the Holy Spirit.”**

- 7. The priest will then say; “The Lord has freed you from your sins. Go in peace.”**

- 8. Respond by saying; “Thanks be to God”**

- 9. Penance is over! Say thank you and goodbye to the priest.**

- 10. Go to a quiet spot in the front couple of benches in church and do your penance.**

