

FIRST Reconciliation Format for Children

1. Examine your conscience
2. Be sorry for your sins
3. Decide to change

4. Come to the priest and say

**“Bless me Father for I have sinned.
This is my first confession,
and these are my sins_____.”**

When finished say:

“Father, I am sorry for these and all my sins.”

5. Father will give you a penance and he will ask you to say the

Act of Contrition.

6. ACT OF CONTRITION

**O my God, I am heartily sorry for having offended You,
and I detest all my sins because of your just punishments,
but most of all because they offend you, my God,
who are all good and deserving of all my love.
I firmly resolve with the help of your grace
to sin no more and to avoid the near occasion of sin. Amen,**

7. Father prays the prayer of absolution (forgiveness) over you.
8. After giving you absolution, the priest will say, “Give thanks to the Lord for He is good” at which you respond,

“His mercy endures forever.”

The priest then concludes by saying, “Your sins are forgiven.
Go in peace.”

You respond: **“Thanks be to God.”**

9. Thank Father and return to pray in your pew.
10. Do the Penance (prayers, etc) Father gave you to do.

Revised Oct 2024 for change to #8.

An Examination of Conscience for Children

These are some of the questions children may ask themselves to see if they have sinned against God or others.

Do I love God as I should?

Do I remember to pray every day?

Do I thank God for all he has done for me?

Do I always say God’s name with love?

Do I show my love for God by helping others?

Do I keep Sunday holy by going to Mass?

Do I listen carefully in Mass?

Do I behave as I should in church (God’s house)?

Do I always talk nicely to my parents?

Do I do what my parents ask me to do?

Do I help with chores without complaining?

Do I obey my parents?

Do I obey rules at school and public places?

Do I treat others with love and kindness?

Do I ever hurt others by calling them names?

Do I fight with others?

Do I always tell the truth?

Do I ever make promises that I do not keep?

Do I ever cheat on tests or schoolwork?

Do I take things that do not belong to me?

Do I refuse to share my things with others?

Do I treat the property of others with respect and care?