

First Reconciliation

1. Make the sign of the cross. **“In the Name of The Father, and of The Son, and of The Holy Spirit, Amen”**
2. You say **“Father, this is my First Confession and these are my sins.”**
3. Tell your sins to Father.
4. Listen to Father as he gives you a penance. He will then ask you to say the **Act of Contrition Prayer:**

**“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. Amen.”**
5. Father will say the Prayer of Absolution: “I absolve you of your sins, in the name of the Father, and the Son, and of the Holy Spirit”.
As Father is blessing you, saying “In the name of the Father, and the Son, and of the Holy Spirit”, you make the Sign of the Cross, and respond **“Amen.”**
At the conclusion of this prayer, your sins are forgiven.
6. Father will say “The Lord has freed you from your sins. Go in peace.”
You respond **“Thanks be to God.”**
7. You say **“Thank you Father.”**
8. Go to a pew and kneel down to privately say your Penance prayer. Remember to thank and praise God for the great gift of His mercy you just received in this confession.
9. After you finish saying your Penance prayer, you may join your family and quietly leave the Church.
10. If your Penance is to do a good deed, do it as soon as you possibly can.

An Examination of Conscience

I examine my conscience by thinking about the things I have said and done that are not according to God's law. I ask myself why I did those things.

Remember: temptations, accidents and mistakes are not sins.

Here are some questions to ask and think about.

Do I Love God with all my Heart?

- Do I put God above all things?
- Do I remember to pray often?
- Do I go to Mass each week?
- Do I use God's name carelessly or in anger?

Do I Love Others?

- Do I obey my parents and those who are responsible for me?
- Have I been disrespectful to someone?
- Have I said unkind things to others, my brothers, sisters and friends?
- Have I done unkind things to others?
- Have I taken something that belongs to someone else?
- Have I ruined or destroyed something that belongs to someone else?
- Have I cheated?
- Am I honest and truthful?
- Have I lied?

Do I Love and Take Care of Myself?

- Do I take good care of my body?
- Do I eat properly and get enough rest?
- Do I take care of my responsibilities?
- Do I take care of my belongings?