



THANK YOU, GOD, FOR YOUR FORGIVENESS!

Write a prayer thanking God for the gift of his forgiveness.

.....

.....

.....

.....

.....

.....

.....

.....

.....



Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread.
And **forgive us our trespasses,**
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.

Guide to Your First Reconciliation

You're getting ready to meet Jesus Christ!

Lord, you see us before you. You know that we are trying to know you and to love you. You also know that we often stray from the right path. May your Spirit give us strength so that we can turn towards you and live more fully in your love. Amen.

.....

.....

.....

.....

.....

.....

.....

.....

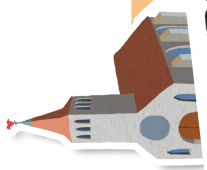
Who are you talking to?

The priest puts on his white alb and purple stole. Sitting face-to-face or behind a screen, he greets you in the name of Jesus. Acting as Christ, the priest listens as you confess your sins.

What do you say to the priest?

Tell the priest your sins: the actions that have hurt others or that have turned you away from the love of God.

The Sacrament of Reconciliation: Step-by-Step



Welcoming in the name of Jesus

- Greet the priest and make the **Sign of the Cross** together.
- The priest invites you to trust in God. He might read a short passage from the Bible.
- **Tell** the priest that it's your first confession (or how long it's been since your last confession). For example, say, "Bless me, Father, for I have sinned. It has been [say how long] since my last confession. These are my sins."

Confession of sins

- Tell the priest your **sins**.
- Show sorrow (or repentance) for your sins by saying a prayer called the **Act of Contrition**. (Examples are in the yellow box.)
- Listen to the **penance** that the priest gives you. Then, the priest offers you God's forgiveness through the Prayer of **Absolution**: God, the Father of mercies, through the Death and Resurrection of his Son has reconciled the world to himself and poured out the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God grant you pardon and peace. And I absolve you from your sins, In the name of the Father, and of the Son, and of the Holy Spirit. (*Order of Penance*)
- Make the **Sign of the Cross** and say "**Amen.**"
- Thank the priest as you leave. Make sure to **do your penance** as soon as you can.



ACT OF CONTRITION

O my God,
I am sorry and repent with all my heart
for all the wrong I have done
and for the good I have failed to do,
because by sinning I have offended you,
who are all good and worthy to be loved above all things.
I firmly resolve, with the help of your grace,
to do penance,
to sin no more,
and to avoid the occasions of sin.
Through the merits of the Passion of our Savior Jesus Christ,
Lord, have mercy.
Amen.

OR

Lord Jesus, Son of God,
have mercy on me, a sinner.
Amen.
(*Order of Penance*)