

First Reconciliation will take place in Lent. After your child has learned and memorized the Act of Contrition prayer, practice "How to Go to Reconciliation":

Before you go to the priest for Reconciliation, spend some time quietly *thinking* about what you will confess. This is called the EXAMINATION OF CONSCIENCE. Reviewing the Ten Commandments will help us to know where we have sinned (See next page).

HOW TO GO TO RECONCILIATION

Once the penitent (person confessing) sits or kneels before the priest, begin with the Sign of the Cross:

"In the name of the Father and of the Son
and of the Holy Spirit. Amen."

Penitent continues:

"Bless me Father for I have sinned. This is my first time in confession.
These are my sins: (State your sins)

This is all I can remember, Father."

Priest: *Offers a penance* and words of reassurance relating to God's mercy. He will then ask you to pray the Act of Contrition.*

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.

Priest:

Prays the Prayer of Absolution wherein Christ absolves you of your sins.

At the words in the Name of the Father and of the Son and of the Holy Spirit the penitent makes the Sign of the Cross on themselves and answers "Amen."

Penitent: Leaves to know and live in the peace of Christ.

***Penance:** For penance, the priest may ask you to say a prayer such as the Hail Mary or Our Father or to do an act of kindness. These prayers are said after you leave the confessional. After receiving the sacrament of Reconciliation, go back to your pew, kneel and say a prayer of thanksgiving to Jesus for the gift of forgiveness and healing he just gave to you. If the priest has asked you to say prayers as your PENANCE, pray these prayers quietly now. If the priest asked you to do something as your penance, plan how you can carry out this action soon.

EXAMINATION OF CONSCIENCE

THE TEN COMMANDMENTS

1. I am the Lord your *God*; you shall not have strange gods before me.
2. You shall not take the name of the Lord your *God* in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal
8. You shall not bear false witness against your neighbor.
9. You shall not covet you neighbor's wife.
10. You shall not covet your neighbor's goods.

I review the Ten Commandments. I ask myself questions like these:

My Relationship with God

Do I pray to *God* each day?

Do I use *God's* name or *Jesus'* name when I am angry?

Do I pay attention and do my part at *Mass*?

My Relationship with Others

Do I obey my parents and teachers?

Do I follow the rules at school and at home?

Do I treat other fairly?

Do I make fun of others?

Do I fight at home or on the playground?

Do I take care of my belongings and those of others?

I name to myself the sins I need to confess.

Now I am ready to celebrate the Sacrament of Reconciliation!

