

Steps of Reconciliation

Children Celebrating the Sacrament of Penance

Parent's help your children prepare prior to every confession. Review the following steps especially how to begin Confession and the Act of Contrition.

Step #1

- Pray before going to confession. (Ask Jesus to help you make a good confession.)
- Examine your conscience and make a list of your sins. (Think about ways you have hurt God or other people. Review the Ten Commandments.)

Step #2

- Go into the Confessional and kneel at the kneeler or sit in chair.
- Make the sign of the cross, and say **"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."**
- Say: **" Bless me Father for I have sinned. This is my first Confession."**
Or **"Bless me Father for I have sinned. It has been _____ since my last confession."**

Step #3

- Tell the priests your sins, how often and be sorry for them.

Step #4

- Listen to Father. He will give advice and a Penance (a prayer to pray to make up for hurting God).

Step #5

- Say your Act of Contrition OUT LOUD to the priest while in the confessional.

Step #6

- Father will say a prayer for you and will forgive your sins. He will give you a penance to pray in Church. He will say "Go in Peace." You will say **"Thank you Father."**

Step #7

- Go out into the church and pray the prayers (penance) the priest gave you and thank God for forgiving you. You can ask your parents for help if you need it.