

# My Reconciliation Guide

Page 1

**YOU:** *Walk into the confessional and kneel behind the screen or sit facing the priest.*

**PRIEST:** The priest will welcome you.

**YOU:** *Make the Sign of the Cross as you say:*

*“In the name of the Father, and of the Son, and of the Holy Spirit. Bless me  
Father, for I have sinned. This is my First Confession. These are my sins:*

*Say your sins now, remember to be as specific as possible. You can say your sins from  
memory or read them from a list you bring with you.*

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Page 2

**YOU:** *When you are done confessing your sins say:*

*“For these and all my sins I am truly sorry.”*

**PRIEST:** The priest will talk to you about your sins and give you a penance. A penance might be a certain prayer to say every night. Remember what your penance is. Then, the priest will ask you to pray the Act of Contrition.

**YOU:** *Pray the Act of Contrition out loud.*

*“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.”*

**PRIEST:** The priest will pray the Prayer of Absolution over you. It will sound something like this: “I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit, Amen.”

**YOU:** *Make the Sign of the Cross with Father at the end of his prayer.*

*Remember your Penance that the Priest gives you. Leave quietly and kneel in a pew and do your penance. Spend some time in prayer to thank God for forgiving your sins and for a new beginning in renewing your relationship with Him. Ask God for courage and strength to love God with all your heart and soul and mind and try not to commit the same sins again.*



**You did it!!**

