

## Sacrament of First Reconciliation

### Here is what to do when you meet the Priest for your First Confession.

1. **YOU** (Candidate): **Make the sign of the Cross and say, “In the name of the Father, and of the Son and of the Holy Spirit, Amen.”**

2. **YOU: Say “Bless me Father, for I have Sinned.”** (*Priest will bless you*)

**YOU then say: “This is my First Confession. These are my Sins.”**  
(*Think of at least 5 Sins*)

3. **YOU: Say your sins to the Priest** (*it might be helpful to write them down ahead of time.*)

**YOU: After you say your sins, say: “For these and all my sins, I am truly sorry.”**

4. **PRIEST:** He will give you penance (*a prayer or kind deed.*)

5. **YOU** *Recite the Act of Contrition when asked by the Priest.*

**“O my God, I am sorry for having sinned. I love you with all my heart. With your help, I will try not to sin again. Amen.”**

**PRIEST:** Will forgive your sins by saying a prayer and the Priest will say **“Go in Peace.”**

**YOU: Say “Thanks be to God.”**

6. **After confession at your pew, do your penance right away.**