

Your First Reconciliation

The Sacrament of Reconciliation is about recognizing, acknowledging and resolving.

Five Steps in Receiving the Sacrament of Reconciliation

1. We Examine our Conscience before we go to Reconciliation (this is thinking about a time you made a choice to deliberately do something you know you should not have).
2. We tell, or confess our sins to the Priest.
3. The priest will give us a Penance (a prayer or a kind deed that we do to show God we are really sorry).
4. We pray an Act of Contrition (a prayer that tells God we are sorry for our sins).
5. The Priest offers us Absolution (letting us know that God has forgiven us).

Making Your Confession – Be Relaxed!

After your Examination of Conscience, you are ready to go to confession with the priest (an Examination of Conscience is included).

1. At the beginning the priest will welcome you and you can start by making the Sign of the Cross and saying “Bless me Father, for I have sinned.”
2. Then talk to the priest and tell him your sins. If there is something you have been doing you know is not the right thing and have been doing it a lot, let the priest know that. (an example would be: “I was mean to my sister 5 times.”)
3. The priest will talk to you about what you just said. Then he will give you a penance. This may be a prayer to pray, or a good deed to do. We do penance to show God that we want to make up for what we have done wrong and that we are ready to change our way of acting.
4. The priest will ask you to tell God you are sorry. This is done by praying an Act of Contrition (an Act of Contrition is included. Please feel free to bring it with you).
5. The priest will say a prayer of forgiveness in Jesus’ name. He will extend his hand over you and say “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.”
6. Then he will say, “Go in peace,” and you answer “Amen.” After you leave plan on doing the penance the priest gave you as soon as possible.

Examination of Conscience

We examine our conscience to help us live as children of God and followers of Jesus. We ask ourselves how well we are living, or not living as Jesus taught us. We think about the Ten Commandments, the Beatitudes and what the Church teaches us. We can ask ourselves questions like these:

-  How am I showing or failing to show my love and respect for God?
-  Do I spend time with God in Prayer? Do I listen reverently to God’s word at Mass?
-  Do I speak God’s name or Jesus’ name inappropriately when I am angry or to impress my friends?
-  How am I showing or failing to show my love and respect for other people and for myself?
-  Do I respect my parents, teachers, and others who have the responsibility to care for me? Do I cooperate with them and obey them?
-  Do I care for my health and follow safety rules?
-  Do I treat other people fairly and with kindness? Or have I been mean to others?
-  Am I generous? Do I share what I have with others, especially people in need? Or have I been greedy?
-  Am I truthful? Or have I lied to get out of trouble or get someone else into trouble?



The Ten Commandments (Deuteronomy 5:1-21)

The Ten Commandments are a guide to help us examine our conscience.

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep Holy the Sabbath 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 your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

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.

