

Sacrament of Reconciliation Guide

for those who have already had their
First Reconciliation

Step #1

- When it is your turn, enter and be seated.
- When the priest welcomes you, greet him back. Say, “**Good Morning/Evening, Father**”

Step #2

- When the priest makes the sign of the cross, you make the **sign of the cross**.

Step #3

- Say, “**Forgive me Father, for I have sinned.**”
- Tell the priest when your last Reconciliation was. **Ex. My last Reconciliation was two years ago.**
- Now tell the priest how you have sinned. Don't be embarrassed.
- At the end say, “**I am sorry for the sins I have done.**”

Step #4

- The priest will then speak to you. Listen carefully to his words.
- The priest will give you a penance (a special action or prayer). Do this as soon as possible after you leave.
- After the priest is finished speaking, **say the Act of Contrition.**

Act of Contrition

(Try to memorize this prayer)

O my God, I am sorry with all my heart for doing wrong. I love you and do not want to sin again. You are all good and deserving of all my love. I will try with your help to sin no more. Amen

Step #5

- At the end, the priest will pray over you the prayer of absolution (forgiveness). Your sins are forgiven!
- When the priest makes the sign of the cross, you make **the sign of the cross**. You are done!
- **Thank the priest when you leave.**
- Don't forget to do the penance. This is an important part of the Sacrament of Reconciliation.