

Sacrament of Reconciliation Guide

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. This is my First Reconciliation.**"
- When you will go to Reconciliation after your first time, tell the priest when your last Reconciliation was. **Ex. My last Reconciliation was two months 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.

Need Help Making a good Reconciliation?

Guidelines for Kids in Grades 2-3 (based on the Our Father)

Going to the Sacrament of Reconciliation is not difficult, but you do need to prepare a little.

Start by saying a prayer, and by imagining you are in the presence of God, our loving Father (whom Jesus said we could call "Abba" or Daddy). We want to find healing and forgiveness through being repentant (very sorry for our sins) and by trying to sin no more.

Then we review our thoughts, words and actions which did not follow God's command to love Him and to love one another through keeping His laws and the laws of the Catholic Church. This review is called an "examination of conscience."

Use these questions based on the **Our Father** to help you review.

Our Father who art in heaven, hallowed be Thy name

Do I say my prayers each day?

Do I pay attention during Mass, and sing and say the responses?

Thy Kingdom come, Thy will be done on earth as it is in heaven

Do I do what Jesus wants me to do?

Do I share with others?

Do I listen to my parents and teachers?

Am I helpful to my family?

Am I kind to my siblings, friends, classmates and neighbours?

Give us this day our daily bread

Am I thankful for the good things I have in my life?

Do I try to help those in need at school and my community?

Forgive us our trespasses as we forgive those who trespass against us

Do I say "I'm sorry" when I have been wrong?

Do I forgive and forget when someone does something bad to me?

Lead us not into temptation, but deliver us from evil

Do I play fairly in sports and games?

Do I tell the truth?

Do I set a good example for others by my kindness?