

OUR FATHER



Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY



Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our deaths. Amen.

AFTER RECONCILIATION



God, I am so thankful that you are my Heavenly Father. I feel like I have just run to your arms and whispered, "I'm sorry", and that you have wrapped me in a hug and told me that I am loved and forgiven.

Lord Jesus, you are my Good Shepherd, and I am your lamb. You search for me and call me by name, laying down your life for me. Sweet Holy Spirit, from deep within, you teach me right from wrong. And, having confessed my sins, you now fill me with joy and peace. O, Most Holy Trinity, I thank you for healing me in this life-giving sacrament. Amen

PRAYER OF THANKSGIVING



Dear Jesus,
I thank you with all my heart
for pardoning my sins.
You always forgive
and give me another chance!
Give me the grace to avoid
breaking your commandments again.
Thank you Mother Mary.
Help me to be good.
Thank you Guardian Angel.
Please guide me toward heaven all of my life.
Amen.

GLORY BE



Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now, and ever shall be world without end. Amen.

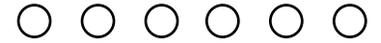
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Booklet Created 12/9/2013
Revised 02/04/2021

Your First

Reconciliation

Children's Faith Formation



A SACRAMENT OF HEALING

AN EXAMINATION OF CONSCIENCE



We ask the Holy Spirit to help us answer the following questions based on the 10 Commandments and the Beatitudes.

1. Have I loved God with my whole heart? _____ Do I keep God in mind as I make choices and go through my day? _____ Do I give God honor and respect in my words and deeds? _____
2. Do I speak God's name only in respect? _____
3. Am I joyful and happy to go to church on Sunday? _____ Do I help my family to be ready for mass by being on time myself? _____
4. Do I obey and respect my parents? _____ Do I obey and respect others in authority like my teachers, coaches and sitters? _____
5. Am I kind to others, respecting the dignity and worth that God has given to all? _____ Am I careful not to bully others? _____
6. Do I try my best to keep my heart and thoughts clean and pure? _____
7. Have I taken things that do not belong to me without permission? _____ Have I been respectful and careful with things that do not belong to me? _____
8. Do I speak truthfully, especially when speaking about others? _____ Am I careful not to hurt others by what I say about them? _____
9. Am I satisfied with what God provides for me? _____
10. Do I complain and demand things that I do not need? _____ Do I share what I have, especially with those in most need? _____

STEPS FOR CELEBRATING RECONCILIATION



1. I enter and choose whether to sit face to face, or kneel behind the priest or the screen.
2. I say "Hello Father" and **make the sign of the cross**.
3. Then I say, "**Bless me Father for I have sinned. This is my first confession.**"
4. I **tell the priest my sins**, and then I say, "**I am sorry for these and all of my sins.**"
5. He will ask me to say prayers or do actions once I leave confession. These are called penance and can help to heal the effects of my sins.

(You likely said your Act of Contrition before entering the Reconciliation Room. If not, pray it now. ➡)
6. Absolution: I **mark myself with the Sign of the Cross** when the priest says, "I absolve you of your sins in the name of the Father, and of the Son, and of the Holy Spirit".
7. I say "**Amen**".
8. The priest will say, "Go in peace." And I will reply, "**Thanks be to God.**"
9. I then say "**Thank you, Father**" and return to my place in the sanctuary to pray.
10. I thank God for his forgiveness and do or say my penance as soon as possible.

ACTS AND PRAYERS OF PENANCE



We always complete our penance as soon as possible, so if I was given prayers to say, I will do so now. If no prayers were assigned, I will spend some time in prayer thanking God for his forgiveness.

Then I will do my penance (for example telling my brother I am sorry for hitting him yesterday) as soon as I can.

ACT OF CONTRITION



My God, I am sorry for my sins
with all my heart.
In choosing to do wrong
and in 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,
Lord, have mercy.

Amen.

More helpful prayers to know are on the back side of this tri-fold.