

## Form of First Reconciliation

(You are the penitent; explanations and directions are in *italics*)

Priest: "Good evening" (*or something similar*)

**Penitent:** "Good evening, Father." *Make the sign of the Cross and say, "In the Name of the Father and of the Son and of the Holy Spirit, Amen."*

**"Forgive me Father for I have sinned. This is my first Reconciliation, and these are my sins..."** *Begin confessing sins...*

*After confessing your sins, say, "For these and for all the sins that I cannot remember, I am sorry."*

Priest: *Priest may talk to you for a short while and will give you your penance*

*\*\*You will not need to say the Act of Contrition since we will be saying it as a group prior to individual confessions\*\**

Priest: (*Gives Absolution*) "God the Father of Mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit."

**Penitent:** **Amen.**

Priest: (*optional*) "Give thanks to the Lord for He is good."

**Penitent:** **"For his mercy endures forever"**

Priest: "Go in Peace!"

**Penitent:** **"Thanks Be to God!"**

**"Thank you Father"**

*(Penitent leaves and does their penance)*

## Explanation of Terms:

**Examination of conscience:** We think about what we have said and done and how we may have sinned.

**Confession of Sins:** We tell the priest all our sins and express our sorrow.

**Penance:** The priest gives us a penance, which could be a prayer or an invitation to help others

**Act of Contrition:** Through this prayer of sorrow, we ask God to forgive us

**Absolution:** God, through the ministry of the priest, forgives us of our sins

## Common Prayers:

### **Act of Contrition**

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments. But most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

or

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.

### **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; and lead us not into temptation but deliver us from evil. 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.

### **Hail Mary**

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 death. Amen.