



Preparing for my **FIRST RECONCILIATION**

*How to Make a Good Confession Before
Receiving your First Communion*

This book belongs to:

1

Examination of Conscience

Before going to Confession, I should examine my conscience and ask myself some important questions.

I convince others to do bad things.

I laughed at another kid in school and made them cry.

I talk back to my parents.

When I get gifts from my parents, I don't share them with my friends or brothers and sisters.

I make fun of others and call them names.

I have acted up in school.

I have not made time to pray and talk to God.

I used Jesus' name in vain when I was angry.

I am sometimes mean to my friends.

I missed Mass.



*This will help me prepare myself before confessing.
I will keep these things in mind when it is my turn for Confession.*



On the day of your First Reconciliation, we will say the Act of Contrition as a group. You will not need to say this prayer during your Confession.

When it is your turn to confess, you will then walk into the Confessional and kneel. These are the steps to a Confession:

2

Welcome

The priest welcomes me. I will make the Sign of the Cross and say,



***In the name of the Father,
and of the Son,
and of the Holy Spirit. Amen.***

***Bless me, Father, for I have sinned.
This is my first confession.***

3

Confession

I will then tell Father all of my sins. I will tell him only the bad things that I have done on purpose.

When I am done, I will say,

***...and for these sins,
I am truly sorry.***



4

Penance

*Father will then give me my penance
in the form of prayers and actions.*



*I will say these prayers **after** I leave the confessional.
The Penance will help me make up for
what I have done wrong. I need to listen
carefully and remember what Father says.*

5

Absolution

*The priest says a prayer in the name of the
Church and asks God to forgive my sins.*

The priest gives me absolution
(God's forgiveness) and says,

*I absolve you from your sins in the name of the
Father, and of the Son, and of the Holy Spirit.*

6

Prayer of Thanksgiving & Dismissal

*With the priest, I thank God for being forgiving.
This is called the Prayer of Thanksgiving.*



Father will then tell me,
"Go in peace."

I answer, **AMEN.**



✝ I AM FORGIVEN!