

PLEASE PRACTICE THIS WITH YOUR SON/DAUGHTER

Sacrament of Reconciliation

Approach the priest for confession. Once you sit in front of the priest, he will welcome you in the name of Jesus and the church.

Make the sign of the cross with the priest.

Say: **Bless me Father, for I have sinned, this is my first confession.**

Confess your sins to the priest. Simply and directly talk to him about the areas of sinfulness in your life that need God's healing touch. For example:

I told my Mom I hate her 1X (Honor your Father and Mother)

I jumped on the couch after being told not to (Honor your Father and Mother)

I told a lie 3X (You shall not bear false witness against your neighbor)

I took my brother/sister's new toy without asking (You shall not steal; you shall not covet your neighbor's goods)

The priest will talk to you about your life, encourage you to be more faithful to God in the future, and help you decide what to do to make up for your sins. Usually, the priest will ask you to say prayers.

The priest will ask you to make an act of contrition. You can pray in your own words, telling God that you are sorry for your sins and that you want to love him better, or you can recite this prayer.

O my God, I am sorry for my sins. 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. Amen.

The priest will extend his hands over your head and pray the church's official prayer of 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."

You respond: **Amen**

The priest will wish you peace. Be sure to thank him as you leave.

Return to your pew and **pray the prayers that the priest asked you to pray which is called your penance.** Spend some time quietly thanking God for his loving forgiveness.