

Receiving the Sacrament of Reconciliation for the first time

1. Spend some time in prayer making an examination of conscience, asking the Holy Spirit to help you make a good confession. This will guide you in making your confession. You can use the guide on page 84 of your textbook to help.
2. When you are ready and it's your turn, go and sit before the priest or enter the confessional. Make the sign of the cross and say:

**“Bless me, father, for I have sinned.
This is my first confession and these are my sins.”**

3. Tell your sins to the priest. When you are finished say:

“For these and for all my sins, I am truly sorry.”

4. After talking with you briefly, the priest will give you a penance, something for you to do to make up for your sins and to show that you truly want to live as God wants.
5. The priest will invite you to pray the ‘Act of Contrition’:

**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 Saviour Jesus Christ suffered and died for us.
In his name, my God, have mercy. Amen.**

6. The priest will pray the ‘prayer of absolution’. As the priest blesses you, make the sign of the cross and answer, “Amen.”
7. The priest will finish by saying, “Go in peace.” Your sins are now all forgiven! Complete your penance as soon as you are able.