

# FIRST RECONCILIATION

## Steps for Reconciliation

- ✓ Examination of Conscience (see next page). Prior to meeting with a priest, spend some time going through what you'd like to talk about/confess. Use the 10 Commandments as a guide.
- ✓ Walk into the confessional. You will either sit face to face with the Priest, or kneel behind a screen. Whichever one is more comfortable for you!
- ✓ After the priest greets you, make the sign of the cross. Then, you can say, "Bless me Father for I have sinned. It has been (*state how long*) since my last confession or this is my first confession. These are my sins."
- ✓ You will tell your sins that you prayed about. Tell your sins simply and honestly. You might even want to ask the priest for advice.
- ✓ Listen to the advice the priest gives you and accept the penance from him. Then make an Act of Contrition for your sins.
- ✓ The priest gives you absolution, which means your sins are forgiven. He will stretch out his hand and say a prayer over you. At the end he will make the sign of the cross over you, and you should make the sign of the cross on yourself too. You respond AMEN.
- ✓ The priest will then dismiss you with the words of praise: "Give thanks to the Lord for He is good. You respond: "For His mercy endures forever." The priest will then conclude with, "The Lord has freed you from your sins. Go in peace." And you respond by saying: "Thanks be to God." or "Thank you, Father!"
- ✓ Spend some time with Our Lord thanking and praising Him for the gift of His mercy. Try to perform your penance as soon as possible.

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## Examination of Conscience

The first three commandments tell us how to love and honor God.

- 1 I AM THE LORD YOUR GOD YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.** Do you spend time with God? Do you talk about God with others? Do you try to live your life the way Jesus lived his? Do you talk to and listen to God? Do you ask God for advice and help?
- 2 YOU SHALL NOT TAKE THE NAME OF THE LORD, YOUR GOD IN VAIN.** Do you use God's name in anger? Do you love and respect the name of God and Jesus Christ? Do you use God's name with reverence (respect)?
- 3 REMEMBER TO KEEP HOLY THE LORD'S DAY.** Do you attend Mass on Sundays and Holy Days? Do you spend time together as a family on Sundays?

The other seven commandments tell us how to love and respect our neighbor.

- 4 HONOR YOUR FATHER AND YOUR MOTHER.** We love, obey and respect our parents, guardians, teachers and all those who care for you. We try to help them any way we can. We love and respect our parents even when we are adults.
- 5 YOU SHALL NOT KILL.** We respect and care for all of God's creation. Parents take care of their babies before and after they are born. We take care of people who are hungry, old or afraid. We try to live in peace with everyone and everything.
- 6 YOU SHALL NOT COMMIT ADULTERY.** When we get married we will honor our wife or husband by being faithful.
- 7 YOU SHALL NOT STEAL.** We honor God by respecting the possessions and rights of other people.
- 8 YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.** We always tell the truth. We do not tell lies that hurt other people.
- 9 YOU SHALL NOT COVET (be jealous of) YOUR NEIGHBOR'S WIFE.** When we are married we share our special love only with our husband or wife for as long as we live. They keep their love and friendship for each other.
- 10 YOU SHALL NOT COVET (be jealous of) YOUR NEIGHBOR'S GOODS.** Stealing is wrong whether we are caught or not. We do not steal others' work by cheating in school. We do not damage public or private property. We return what we borrow and repair or replace what we damage. We are not greedy or selfish. We do not waste food or water or energy.

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## Prayers to Learn

### Sign of the Cross

In the name of the Father, and of the son, and of the Holy Spirit.  
Amen.

### 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.**

### Hail Mary

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

### Act of Contrition

O my God, I am sorry for my sins. In choosing to sin, and failing to do good, I have sinned against You and Your Church. I firmly intend, with the help of your Son, to make up for my sins and to love as I should.  
**Amen.**