

The Lord's Prayer

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 art thou
amongst 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.

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

MY FIRST RECONCILIATION

Me: Hello Father

Pray together: In the name of the Father, and
of the Son, and of the Holy Spirit. Amen.

Me: Bless me Father for I have sinned. This is
my first confession. These are my sins:

Then confess your sins to the priest.

Priest: Tells you the penance he would like you
to do. He will then extend his hands over your
head and will tell you that God forgives you.
Your first reconciliation is then finished when
you hear the priest say, "I now absolve you
from your sins. In the name of the Father, and
of the Son, and of the Holy Spirit. Amen."

Me: Head back to your pew to do the
penance the priest gave you if your penance
was prayer. Once you and your parents are
finished, you may quietly head out.

Examination of Conscience

- Have I been trying my best to act like Jesus would want me to act?
- Have I been a good friend?
- Have I helped someone when they are hurt, upset, or feel angry – or have I ignored them?
- Have I “borrowed” something without asking and not returned it? Have I lied about that?
- Have I done everything my parents ask of me?
- Have I gone to Church weekly? Have I encouraged or asked my parents to take me?
- When I am at Mass, do I participate or do I whine and want to leave?
- Do I keep my promises?
- Do I assist others and look for something in return or do I do it because that’s what Jesus did for others?
- Have I treated my brother and/or sister with kindness?