

## The Lords Prayer

Our Father, who art in heaven,  
hallowed by 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

## Prayer AFTER Confession

Dear Jesus,  
Now that I have confessed my sins  
and felt your forgiveness  
I feel that a burden has been lifted.  
Thank you for loving me  
and understanding me like you do.  
I am truly sorry for my sins  
and will gladly do the penance  
Father gave me.  
I pray that I always remember  
to call on you when I am  
tempted to sin  
and you will help me.  
I love you and thank you  
for your mercy.  
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

## Prayer BEFORE Confession

Dear Jesus,  
I am getting ready to meet you  
for the first time in Confession.  
I am happy and excited  
about receiving this  
sacrament of Reconciliation.  
I am also a little nervous.  
Please help me to remember  
how much you love me  
and how merciful you are  
to all who come to you  
with true sorrow for their sins.  
Thank you for this wonderful  
sacrament of healing  
and forgiveness.  
Amen.

# Preparation for 1st Reconciliation and PREP Penance Service

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- The priest will greet you. Be reverent and be seated.
- Make the sign of the cross.
- Say, "Bless me, Father, for I have sinned. It has been, \_\_\_\_\_ since my last confession."
- The priest will invite you to trust in God.
- Confess your sins.
- The priest will give you a penance to perform.
- The priest will then say, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."
- Your response is, "Amen."
- The priest says, "Go in Peace."
- Be prepared in case he wants you to recite the Act of Contrition.

## Examination of Conscience

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1. **"You shall have no other gods before me":** Make God the most important thing in your life.
  - Have I put God first, or have I sometimes made other things in my life more important than God.
  - Do I remember to talk to Him?
  - Do I choose what God wants for me over what I want for myself?
2. **"You shall not take the name of the LORD your God in vain":** Use God's name the right way.
  - Have I used God's name with care?
  - Have I used God's name in the wrong way? (For example, saying "God" when I wasn't really talking to Him or talking about Him.)
3. **"Observe the sabbath day, to keep it holy":** Make Sunday a day to worship God.
  - Have I tried my best to worship God at Mass by singing, praying, and listening?
  - Have I misbehaved during Mass?

4. **"Honor your father and your mother":** Love your parents and follow their rules.
  - Have I obeyed my parents, even when they are not looking?
  - Have I talked back to them?
5. **"You shall not kill":** Be kind to the people and animals God made.
  - Have I been kind to others?
  - Have I solved disagreements in a peaceful way?
  - Have I fought with anyone?
  - Have I taken good care of my pets?
6. **"Neither shall you commit adultery":** Be respectful in the things you do with your body.
  - Have I followed God's rules in how I treat my body?
  - Do I respect the bodies of others?
7. **"Neither shall you steal":** Take care of other people's things; don't take what belongs to someone else.
  - Have I respected other people's things?
  - Have I taken something that doesn't belong to me?
8. **"Neither shall you bear false witness against your neighbor":** Tell the truth.
  - Have I told the truth?
  - Have I told a lie or things that were only partly true?
9. **"Neither shall you covet your neighbor's wife":** Keep your thoughts and words clean.
  - Have I told or listened to any dirty jokes?
  - Have I watched any movies or shows that I shouldn't have seen?
  - Have I tried to keep my mind on good things?
10. **"You shall not desire . . . anything that is your neighbor's":** Be happy with the things you have.
  - Have I been happy with the things I have?
  - Have I been jealous of others?