

# What's going to Happen at my First Reconciliation



1. Sit facing the priest.
2. Make the Sign of the Cross and at the same time say:  
**“Bless me Father for I have sinned. This is my first confession, and these are my sins.”** (Now tell your sins)
3. When finished say: **“For these and all the sins I might not remember, I am sorry”**.
4. Once you finished saying your sins the priest will speak to you. He will say: **“For your penance you will pray...”** (It may be a Hail Mary or an Our Father, or maybe both! You will pray these back in your pew not with Father)
5. The priest will ask 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 Savior, Jesus Christ suffered and died for us. In his name, my God have mercy. Amen
6. The priest will say a prayer of absolution over you, ending with: **“I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit. Amen.”**
7. You can say **“Thank you, Father”**. Then get up, meet your parents and light a candle, then go back to your pew. Kneel in your pew to pray your penance (the prayers Father asked you to pray.)