

## First Reconciliation Information for Students

1. You have the choice to either go face to face or in the Confessional for your First Reconciliation.
2. **Stand quietly in line while you wait for your turn.**
3. When it is your turn, enter the Confessional, close the door behind you and kneel. If you go face to face with the priest, sit down next to him
4. The priest will greet you.
5. After he does this, you start by saying, “Bless me Father for I have sinned. (Make the sign of the Cross while you say this) This is my first confession and these are my sins”. Then you tell the priest all of your sins and about how many times you have committed them.
6. After you confess your sins, you say, “I am sorry for these and all my sins.”
7. The priest will then tell you what your penance is. Normally this is when you would say the Act of Contrition, but we will have already said this as a group.
8. The priest will say, “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit”. While he is saying this, you should make the Sign of the Cross, and then say, “Amen”.
9. Then the priest will say, “Go in Peace”, and you say, “Thank you, Father.”
10. Now you may return to your seat with your family and kneel to say your PENANCE.

### THE ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and in 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.