



The RITE of RECONCILIATION

Before arriving for Reconciliation:

EXAMINATION OF CONSCIENCE

What are your sins that have hurt God and others?

When it is your turn, go sit with the priest.

GREETING

You make the Sign of the Cross as the Priest says:

In the name of the Father, and of the Son, and of the Holy Spirit.

You say: *Amen.*

CONFESSION

You say: *Bless me Father for I have sinned. This is my first reconciliation. My sins are _____.*

PENANCE

The priest gives you a **Penance**. This will be a prayer like the Hail Mary or the Our Father; or may be an action to help show you feel sorry.

CONTRITION

Remember for your 1st Reconciliation, we will pray the Act of Contrition as a large group before individual confessions begin.

ABSOLUTION

The Priest will say the **Prayer of Absolution**:

God the Father of mercies, through the death and resurrection of his Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God give you pardon and peace, and I absolve you of all your sins, in the name of the Father, and of the Son, and of the Holy Spirit.

You make the Sign of the Cross and say: *Amen.*

Then, The Priest will say: *Go in peace.*

You say: *Thank you, Father.*

ACT OF PENANCE

When you leave the priest, return to the pew where your parents are sitting and **pray your PENANCE**.

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, into my soul.
Show me my sins, both the wrong that I did and the good I failed to do.
Give me the grace to be sorry for my sins out of love for God,
so that through Confession my soul might be healed and strengthened to do good.
Amen

(Taken from Teaching Catholic Kids)

An Examination of Conscience for Children

Responsibilities to God:

Have I prayed every day?
Have I prayed my morning prayers and night prayers?
Have I prayed with my parents and family?
Have I been moody and rebellious about praying and going to church on Sunday?
Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others:

Have I been obedient and respectful to my parents?
Have I lied or been deceitful to them or to others?
Have I been arrogant, stubborn or rebellious?
Have I talked back to parents, teachers or other adults?
Have I pouted and been moody?
Have I been selfish toward my parents, brothers, and sisters,
teachers, or my friends and schoolmates?
Have I gotten angry at them? Have I hit anyone?
Have I held grudges or not forgiven others?
Have I treated other children with respect or have I made fun of them and called them names?
Have I used bad language?
Have I stolen anything? Have I returned it?
Have I performed my responsibilities, such as homework and household chores?
Have I been helpful and affectionate toward my family?
Have I been kind and generous with my friends?

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ACT OF CONTRITION

O my God, I am heartily sorry for having offended you,
and I detest all my sins because of your just punishment,
but most of all because they offend you, my God,
who are all good and deserving of all my love.
I firmly resolve with the help of Your grace
to sin no more and to avoid the near occasion of sin.
Amen.