

Celebrating Your First Reconciliation

All the prayers you need to know will be displayed on the screens in Church.

Relax

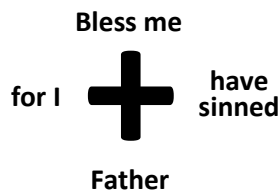
Smile

Jesus loves you!

How to begin your Confession

When you sit down opposite the priest, quietly tell him your name.

Make the Sign of the Cross (see below) and say: "Bless me, Father for I have sinned. This is my First Confession."



Tell your sins to the priest simply, directly, and clearly, without any explanation or story.

Remember, the priest is listening to you with the ears and heart of Jesus.

Six Steps to a Good Confession

1. **Prepare:** Think and pray with the Examination of Conscience sheet
2. **Confess:** Know the things you need to ask forgiveness for, and tell them all to the priest
3. **Say you are sorry:** Make sure you understand what the words mean in the "Act of Contrition"
4. **Receive absolution:** Think about how it feels to know you are loved and forgiven
5. **Do penance:** Remember, this is not a punishment. It is a chance to thank God for His love and show Him that you love Him too.
6. **Satisfaction:** Go back into your everyday life as a changed person, ready to share with others the love God has shown for you and trying hard to not repeat mistakes you have already confessed.