

## First Reconciliation Format

### (Contrition)

1. Examine your conscience
2. Be sorry for your sins
3. Decide to change

### (Confession)

4. Come to the priest and say:

**“Bless me Father for I have sinned.**

**This is my first confession,  
and these are my sins \_\_\_\_\_.”**

When finished say:

**“Father, I am sorry for these and all my sins.”**

### (Penance)

5. Father will give you a penance and he will ask you to say the Act of Contrition.

## 6. 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.

### (Forgiveness)

7. Father prays the prayer of absolution over you.
8. Father says: “Your sins are forgiven. Go in peace.  
” You say: **“Thanks be to God.”**
9. Thank Father and return to pray in your pew.

## An Examination of Conscience for Children

*These are some of the questions children may ask themselves to see if they have sinned against God or others.*

Do I love God as I should?

Do I remember to pray every day?

Do I thank God for all he has done for me?

Do I always say God’s name with love?

Do I show my love for God by helping others?

Do I keep Sunday holy by going to Mass?

Do I listen carefully in Mass? Do I behave as I should in church (God’s house)?

Do I always talk nicely to my parents?

Do I do what my parents ask me to do?

Do I help with chores without complaining?

Do I obey my parents?

Do I obey rules at school and public places?

Do I treat others with love and kindness?

Do I ever hurt others by calling them names?

Do I fight with others? Do I always tell the truth?

Do I ever make promises that I do not keep?

Do I ever cheat on tests or schoolwork?

Do I take things that do not belong to me?

Do I refuse to share my things with others?

Do I treat the property of others with respect and care?