

My First Reconciliation Booklet

Name



Reconciliation Terms

Sin – We knowingly commit a wrong against God, our self or another person. We can sin in our thoughts, with words and with actions.

Absolution –The priest extends his hand over you while saying the *Prayer of Absolution*. We receive pardon and peace. Our sins no longer exist.

Penance – a priest gives us prayers or kind deeds to complete after reconciliation. We show thanks to God for his mercy (forgiveness without limits).

Contrition – a heart filled with great sadness. We are truly sorry. We acknowledge our sins.

Confession – telling all of our sins to Jesus, through a priest. The seal of confession forbids a priest to talk about anything you say in the reconciliation room.

Conscience – God places His love inside our soul. We sense right and wrong (good and evil). The Holy Spirit helps us to avoid sin.

Examination of Conscience – You find a quiet place and prayerfully think about the choices we have made. We pray to the Holy Spirit for help. We read the Ten Commandments to help us remember sins we committed against God, our self and another person.

Steps for Reconciliation

Making an *examination of conscience* before making your reconciliation is important. Choose a quiet spot at home or Church to pray to the Holy Spirit for help. Think about the times when your choices were unloving to God, yourself and your neighbor.

Steps:

Greeting – the priest welcomes you and invites you to make the *Sign of the Cross*

Reading Scripture – the priest may read or recite a passage from the Bible. You may be invited by the priest to read the Scripture yourself.

Confession – tell your sins to Jesus. The priest may talk about ways to avoid a sin.

Penance - the priest gives you a penance to give back to God through a prayers or kind deeds

Pray an *Act of Contrition* - telling Jesus you are truly sorry

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

Absolution – the priest holds his hand over your head and says the prayer of absolution. Absolution completely removes all sin through God’s love and mercy
The priest makes the Sign of the Cross.

We make the Sign of the Cross and respond Amen.

Dismissal – the priest dismissed you by saying “Go in peace.” We thank the priest and complete our penance.