

Celebrating First Reconciliation



The priest begins with the sign of the cross. In the name of the Father...

Begin by asking the priest for a blessing. You say:

**Bless me Father, for I have sinned.
This is my First Reconciliation, and these are my sins.**

*Then tell the priest your sins – the things that prevent you from loving God and neighbour. In other words: **get rid of your junk!** When you have finished saying all your sins, say:*

For these and all my sins, I am very sorry.

He will suggest something to do to help you grow closer to God (penance): a prayer or an action.

It is always a good idea to spend time sitting with Jesus as your friend. Let him just be there with you. Let him love you and heal you. Get to know him better. Offer your life to him once again.

*A prayer like the **Our Father** can be a great way of doing this.*

*Then you pray a **Prayer of Sorrow** – use your own words, or one of these:*

**Lord Jesus,
you are a friend of sinners.
I am a sinner;
have mercy on me. Amen.**

or

**O my God I am very sorry
that I have sinned against you.
Because you are so good,
and with the help of your grace,
I will not sin again. Amen.**



*He will extend one or both hands over your head and pray the **Prayer of Absolution** (which forgives your sins)*

God, the Father of mercies, by the life, death and resurrection of Jesus his Son has freed the world from sin, and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God grant you pardon, grace and peace, and I absolve you from all your sins, in the name of the Father, ✠ and of the Son, and of the Holy Spirit.

and then finish by saying:

The Lord has freed you from all your sins, go in peace.

*You say: **Thanks be to God.***





examination of conscience for kids

According to the
2 Great Commandments
(*Love God & Love Others*)

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?

prayer of SORROW

Lord Jesus, you are a friend of sinners.
I am a sinner: have mercy on me.
Amen.

or

O my God, I am very sorry that I have
sinned against you; because you are so
good and with the help of your grace,
I will not sin again. Amen.

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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?