

## Receiving the Sacrament of Reconciliation *for your First Reconciliation*

1. Go into the reconciliation room  
Close the door  
Sit on the chair by Father
2. Make the Sign of the Cross (with Father)  
*In the name of the Father, and of the Son and of the Holy Spirit.* then say  
**“Bless me Father for I have sinned.  
This is my first confession  
and these are my sins.”**
3. **Tell Father your sins**
4. After you say all your sins, say **“For these and all my sins I am truly sorry.”**
5. Listen carefully as Father talks. Remember what he says you should do as penance.
6. Pray an Act of Contrition... Say to Father  
**O my God, I am heartily sorry for having offended You.  
and I detest all my sins because of Your just punishments but  
most 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**
- 7, Listen as Father absolves you from your sins.  
(**Make the Sign of the Cross** with Father.) Say **“Amen”**
8. Say **“Thank you, Father.”**
9. Leave the door open after you leave  
Return to your pew  
Kneel and do your penance