**PENITENT**

Sit down in front of the Priest.

**Make the sign of the Cross, saying the words out loud.**

# Say: “Bless me Father for I have sinned. This is my first confession.”

# Tell the priest your sins now.

*What the priest tells you to do or pray, is something you need to remember because you will do this after your confession is over.*

# Say the 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.

# *(During our first Reconciliation we will say the Act of Contrition as a group so each person does not need to say it individually.)*

# You say “Amen.”

# You say “Thanks be to God.”

**PRIEST**

# Priest is already sitting.

You will respond with **telling them to do something** to make amends for what they have done, such as saying they’re sorry or doing something nice for someone. You will also **ask them to say a prayer**, *one they know*, like the Hail Mary or Our Father.

# Ask the Penitent to say the Act of Contrition. (*You can say it with them*.)

# 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.

# Extend your hands in their direction and say the prayer of Absolution.

# “God, the Father of Mercies, through the death and resurrection of his Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God grant you pardon and peace. And I absolve you from your sins in the name of the Father, and the Son, and the Holy Spirit. Amen.”

# You then say “God has freed you from your sin. Go in peace.”

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