

# First Reconciliation

- 1) Bless me Father for I have sinned. This is my first confession. These are my sin: (Tell Father the sins you have thought about.)
- 2) For these sins, I am sorry. (Father will talk with you at this time and give you a penance to say once you are back in the pew.)
- 3) Now you will say the “Prayer of Sorrow” (which is an Act of Contrition) to Father.
- 4) Father will then absolve (“forgive”) you of your sins and you may go to your seat to kneel and say your penance.

## Prayer of Sorrow

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.