



First Reconciliation

When we begin Confession, we say:

YOU:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Bless me Father, for I have sinned. This is my first confession. These are my sins...

Share the times you were not the best-version-of-yourself, explaining anything you have done that may have hurt God.

Afterwards you say:

For these and for all my sins, I am truly sorry, and I ask for God's forgiveness.

At this point Father will share a reflection to encourage you to fill your heart with peace to help you grow and ask to say an Act of Contrition.

THE ACT OF CONTRITION

YOU: O, my God, I am sorry for having sinned.

I love you with all my heart.

With your help, I will try not to sin again.

Amen.

FATHER: ... I absolve you of all your sins, in the name of the Father, and of the Son, and of the Holy Spirit.

YOU: Amen.



PRAYERS



Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace! The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Doxology

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

THE TEN COMMANDMENTS

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

