

# FORM OF FIRST CONFESSION

(You are the penitent; explanations and directions are in *italics*.)



Priest: "Good evening" (*or similar words of welcome*).

**Penitent:** "Good evening, Father." (*Then make the Sign of the Cross and as you say the following.*) **"In the Name of the Father, and of the Son, and of the Holy Spirit, Amen."**



Priest: "May the Lord help you to confess your sins" (*or similar words*).

**Penitent:** "Amen." (*Then begin your confession.*) **"Forgive me, Father, for I have sinned. This is my first confession."** [(*If this is not your first confession, then tell how long it has been since your last confession. If you can't remember, tell that to the priest.*) Next, confess your sins. Make known how often the sin is committed, e.g., once, twice, sometimes, often.] **"I am sorry for all my sins."**

Priest: (*The priest may talk to the penitent.*) "For your penance . . ."

**Penitent:** (*If the Priest asks you to pray an Act of Contrition*) **O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments. But most of 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 occasions of sin.**

Priest: "God the Father of mercies . . . I absolve you from your sins, in the Name of the Father, and of the Son, and of the Holy Spirit." (*Penitent makes the Sign of the Cross while the priest says these words.*)

**Penitent:** "Amen."

Priest: (*optional*) "Give thanks to the Lord for He is good."

**Penitent:** "For His mercy endures forever."

Priest: "Go in peace."

**Penitent:** "Thank you, Father." (*The penitent leaves and says the penance that the priest has given.*)

(over)

# SACRAMENT OF RECONCILIATION

## *Explanation of Terms*

- Examination of conscience:** We think about what we have said and done and how we may have sinned.
- Confession of sins:** We tell the priest all our sins and express our sorrow.
- Penance:** The priest talks to us about our sins and gives us a penance, which could be a prayer or an invitation to help others.
- Act of Contrition:** Through this prayer of sorrow, we ask God to forgive us.
- Absolution:** The priest says the prayer for the forgiveness of sins.

## *Prayers*

### *Act of Contrition*

O my God,  
I am heartily sorry  
for having offended You,  
and I detest all my sins  
because of Your just punishments.  
But most of 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 occasions of sin. **AMEN.**

### *Glory to the Father*

Glory 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.**

### *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  
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 you;  
blessed are you among women,  
and blessed is the fruit of your  
womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now  
and at the hour of our death. **AMEN**