

When you receive the Sacrament of Reconciliation, you must:

- Think of your sins
- Be sorry for your sins
- Tell (confess) your sins to a priest
- Do the penance (a prayer, good work, or action) that the priest gives you
- Try not to sin again

1. Bless me Father, for I have sinned.
2. This is my first confession.
3. These are my sins. (Tell all your sins)
4. After confessing all your sins say: I am sorry for all my sins.

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. Amen.



1. Have I remembered to pray to God every day in the morning, before and after meals and at night?
2. Have I said God's name in the wrong way without love and respect?
3. If I am not sick, do I give God honor at Mass every Sunday and holy day?
4. Do I disobey my parents or other grownups who take the place of my parents? Do I obey quickly?
5. Have I been angry or mean to anyone?
6. Have I taken good care of my body (eating good food, getting enough sleep)? Have I done anything hurtful to someone else's body?
7. Have I taken anything that belongs to someone else or have I been careless with things that belong to someone else?
8. Have I always told the truth?
9. Have I been upset because someone is liked more than me?
10. Have I been upset because someone has something that I do not have?

When the priest says: Give thanks to the Lord for He is good.

You say: His mercy is forever.