

Reconciliation Guide

Step 1 Enter Confessional/Area of Confession

- **Student:** Hello, Father.
- **Priest:** Welcome and greet you.

Step 2 Sign of the Cross

- **Priest:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
- **Student:** Make the sign of the cross and say Amen.

Step 3 Confession of Sins

- **Student:** Forgive me Father for I have sinned. This is my first confession. OR It has been (amount of time) since my last confession.
- List your sins and ask for forgiveness.

Step 4 Penance

- **Priest:** Suggest a penance or prayer (or both).

Step 5 Act of Contrition

- **Priest:** Asks you to pray your act of contrition, which tells God you are sorry for your sins and will try to do better.
- **Student:** 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 for my sins, 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.*

Step 6 Prayer of Absolution

- **Priest:** Pray the Prayer of Absolution over student.

*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 give you pardon and peace,
and I absolve you from your sins in the name of the
Father, and of the Son, and
of the Holy Spirit. Amen.*



Student will make the sign of the cross and say, "Amen."

Step 7 Goodbye & Departure

- **Priest:** Go in peace.
- **Student:** Thanks be to God.  **Exit area of confession after this.**

Step 8 Penance

- **Student:** If the priest gave you penance, do this as soon as possible.

Reconciliation Reflection

Date _____

Was this my first confession? Circle Yes or No

Did I feel prepared? Circle Yes or No

I feel:
