



ST. ROSE OF LIMA  
RELIGIOUS EDUCATION

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*Sacrament of First Reconciliation Format*



The Lord is kind and merciful, slow to  
anger and rich in kindness.  
Psalm 103

*Saint Rose of Lima Parish*

## **AN EXAMINATION OF CONSCIENCE**

To examine means to look into, to seek after and to hunt for. We need to examine our conscience to hunt for our sins (wrong choices) and find hidden faults. When we examine our conscience, we pray to the Holy Spirit and ask His help to know our sins. We must also ask Him to help us be truly sorry for our sins and help us not commit them ever again. We cannot make a good Confession without the help of the Holy Spirit.

### **LOVE OF GOD**

- ❖ Is God #1 in my life?
- ❖ Do I talk to God everyday (Pray)?
- ❖ When I make choices, do I first ask God what He wants me to do?
- ❖ Have I used God's or Jesus' name in a bad way?
- ❖ Did I attend Mass every Saturday or Sunday and Holidays? If not, do I ask to go?

### **LOVE FOR OTHERS (Family and Neighbors)**

- ❖ Have I disobeyed my parents or those who take care of me?
- ❖ Have I given my body the good food and sleep it needs?
- ❖ Have I hurt someone by what I have said or done?
- ❖ Have I taken money or anything that is not mine?
- ❖ Have I always told the truth?
- ❖ Have I been unfair to others-especially those who are different than I am?
- ❖ Have I refused to help people who are in need?
- ❖ Is there anything else that I need Jesus to know or a question that is bothering me?

After you think about your sins, you are ready to go to confession and tell God that you are sorry.

## **STEPS IN THE SACRAMENT OF RECONCILIATION**

1. **Welcome Rites**
  - Enter the Confessional and sit in front of the priest.

- Father welcomes you. You greet the priest by saying “Hello Father. This is my first Confession.”  
Together, make the Sign of the Cross.
- 2. **Scripture Reading**
  - The priest invites you to trust in God and sometimes he may read a Bible passage about forgiveness.
- 3. **Confession and Penance**
  - The priest will ask you what wrong choices or sins you would like to be forgiven for.
  - He listens and talks with you about ways you can do better and be more loving.
  - He tells you what to do to make up for your sins, which is called a penance. A penance may be prayers to say or something to do after you leave.
- 4. **Contrition**
  - Then the priest will ask you to say a prayer of sorrow- The Act of Contrition

### **Act of Contrition**

**Oh 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 avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.**

**Amen!**

- 5. **Absolution**
  - The priest will extend his hand above you and give you a blessing called the Prayer of Absolution, which forgives all your sins.
  - Make the sign of the cross as the priest blesses you in the name of the **Father, and of the Son, and of the Holy Spirit.**
  - You are set free from all of the things you have done wrong, and given the grace that will lead you from temptation.

## Prayer of Absolution

(Priest says)

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**

### 6. Closing

- The priest then says, “Go in peace.”
- You respond: “**Thank you Father.**”

### 7. Penance

- Return to your pew.
- Silently kneel and say your penance before leaving the Church.
- You go out to do better and to make up for what you have done wrong.

**DON'T BE AFRAID  
TO GO TO THE  
SACRAMENT OF  
CONFESSION,  
WHERE YOU  
WILL MEET  
JESUS WHO  
FORGIVES YOU.**

*Pope Francis*

