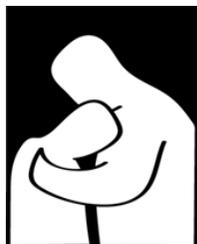


Celebrating the Sacrament of Reconciliation



*The priest begins with the sign of the cross. He may say:
The Lord Jesus welcomes you; may he shine the light of his love
into your heart so that you will know those areas of your life
that are most in need of his mercy.*

Begin by asking the priest for a blessing. You say:

**Bless me Father, for I have sinned.
It has been (so many weeks / months) since my last reconciliation
and these are my sins.**

*Then tell the priest your sins – the things that prevent you from loving God and
neighbour. In other words: get rid of your junk! When you have finished saying all
your sins, say: **For these and all my sins, I am very sorry.***

*He will suggest something to do to help you grow closer to God (penance): a prayer
or an action. Then you pray a Prayer of Sorrow (also called an Act of Contrition)*

**Lord Jesus, you are the anointed one,
the son of the living God.
I am a sinner; I am sorry for all my sins:
have mercy on me. Amen.**

or

**O my God I am very sorry
that I have sinned against you.
Because you are so good,
and with the help of your grace,
I will not sin again. Amen.**

*He will pray the Prayer of Absolution (which forgives your sins) and then finish by
saying: The Lord has freed you from all your sins, go in peace. You say:*

Thanks be to God.

Celebrating the Sacrament of Reconciliation for the first time

*The priest begins with the sign of the cross. He may say:
The Lord Jesus welcomes you; may he shine the light of his love into your heart so that
you will know those areas that are most in need of his mercy.*

Begin by asking the priest for a blessing. You say:

**Bless me Father, for I have sinned.
This is my first reconciliation
and these are my sins.**

*Then tell the priest your sins – the things that prevent you from loving God and
others. In other words: get rid of your junk! When you have finished saying all your
sins, say: **For these and all my sins, I am very sorry.***

*He will suggest something to do to help you grow closer to God (penance): a prayer
or an action. Then you pray a Prayer of Sorrow (also called an Act of Contrition)*

**O my God I am very sorry
that I have sinned against you.
Because you are so good,
and with the help of your grace,
I will not sin again. Amen.**

or

**Lord Jesus, you are the anointed one,
the son of the living God.
I am a sinner; I am sorry for all my sins:
have mercy on me. Amen.**

*He will pray the Prayer of Absolution (which forgives your sins) and then finish by
saying: The Lord has freed you from all your sins, go in peace. You say:*

Thanks be to God.

*first
time*

