

Saint Gregory the Great Parish First Reconciliation Practice Sheet

PARENTS – PLEASE PRACTICE WITH YOUR CHILD:

The priest will greet the parents and the child. The child will sit on a chair facing the priest as the parents go back to their seats. The priest and child make the SIGN OF THE CROSS together and then the child begins:

CHILD: BLESS ME FATHER, FOR I HAVE SINNED.
 THIS IS MY FIRST CONFESSION
 THESE ARE MY SINS.

*After the child has finished confessing his or her sins, the priest may ask a few questions to better understand what they said. Let your child know that this is normal. The priest may give your child some pastoral advice and will assign a penance (one or more of the prayers on the reverse of this sheet) for them to say after the confession is finished.
The priest will then ask the child to say the ACT OF CONTRITION.*

CHILD: FATHER, I AM SORRY FOR ALL MY SINS,
 FOR WHAT I HAVE DONE AND FOR WHAT I HAVE FAILED TO DO.
 I WILL TRULY TRY TO DO BETTER.
 HELP ME TO WALK BY YOUR LIGHT.
 AMEN

The priest will then give absolution concluding with the following words:

PRIEST: . . . I ABSOLVE YOU OF YOUR SINS,
 IN THE NAME OF THE FATHER AND OF THE SON
 AND OF THE HOLY SPIRIT.

The child makes the sign of the cross as these words are spoken.

CHILD: AMEN

PRIEST: YOUR SINS ARE FORGIVEN... GO IN PEACE!

CHILD: THANK YOU, FATHER

The child leaves the priest, returns to his or her seat and says the penance given by the priest.

PRAYERS USUALLY REQUESTED FOR PENANCE

THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

THE 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 against us.
And lead us not into temptation, but deliver us from evil.
Amen

THE HAIL MARY

HAIL MARY, full of grace, the Lord is with thee.
Blessed art thou among women and blessed is the fruit of thy womb - Jesus.
Holy Mary, Mother of God,
Pray for us sinners now and at the hour of our death.
Amen

THE GLORY BE TO THE FATHER

Glory be 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