

# Reconciliation: Step by Step

**BEFORE** Take some time to think about the things you have done that you are sorry for.

Now you are ready, **LETS BEGIN....**

- ✓ When the priest welcomes you, make the **Sign of the Cross** together.
- ✓ Begin by saying  
**“Bless me Father for I have sinned.”**

- ✓ **Tell the priest the ways you have sinned.**

*Remember he represents Jesus, and he reminds you how much Jesus loves you and that Jesus forgives you!*

- ✓ The priest gives you a **Penance** – it might be an action or a prayer
- ✓ You promise not to do it again by saying the **Act of Contrition**
- ✓ The priest offers you God’s forgiveness which is also called **Absolution. Make the Sign of the Cross**

**AFTERWARDS** Do your penance - then **CELEBRATE!**



Dear God,  
I am sorry for my sins with all  
my heart. I know you love me  
very much. Please help me to do  
my penance, to do better, and to  
avoid anything that might lead  
me to sin.

Amen.