

## The Sacrament of Reconciliation for Children

Before you go, take time to think about the things you did or said that were wrong. This is called "an examination of conscience".

1. The priest will greet you. Together you and he will begin with the Sign + of the Cross . If a prayer service did not start the sacrament, the priest may ask you to listen to a reading from the bible.
2. Confess your sins. Tell the priest how you have hurt others.
3. Penance: The priest will ask you to say a prayer or do some good things to show God that you are sorry.
4. A Prayer of Sorrow: (Act of Contrition)  
This prayer tells God that you are sorry and are asking for forgiveness.
5. Absolution + The priest says words of forgiveness from God and blesses you.

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### 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, 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.                    AMEN