

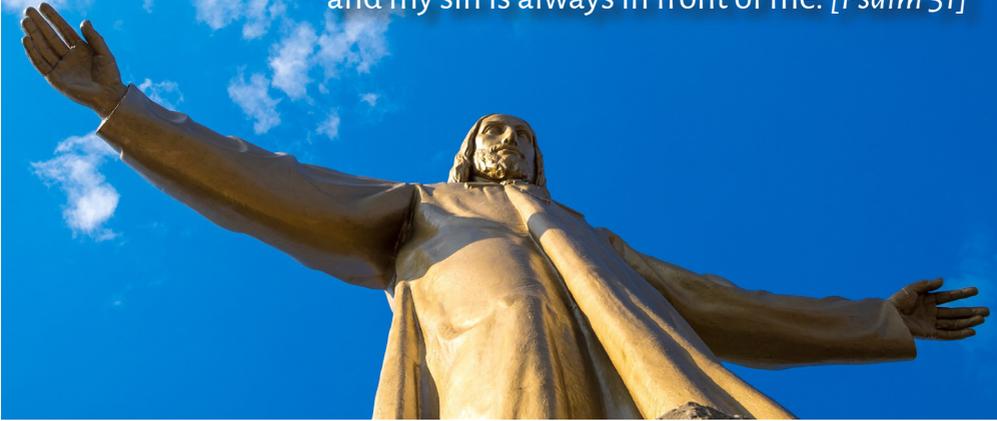
A student's guide to  
**FIRST  
RECONCILIATION**



*Let us hear the voice of the Father inviting us to freedom:*

Wash me inside and out from my junk  
and make me clean from my sin.

For I know my wrong-doing,  
and my sin is always in front of me. *[Psalm 51]*



## From the Bible

*Here are some things that Jesus said that can help you to reflect on reconciliation:*

Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe – the best one – and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate. *(Luke 15)*

The Pharisees and their scribes were complaining to his disciples, saying, "Why do you eat and drink with tax collectors and sinners?"

Jesus answered, "Those who are well have no need of a doctor, but those who are sick; I have not come to call the righteous but sinners to repentance." *(Luke 5)*

Peter went up to Jesus and said, 'Lord, how often must I forgive my brother or sister if they wrong me? As often as seven times?'

Jesus answered, 'Not seven, I tell you, but seventy-seven times.' *(Matthew 18)*

# Preparing for your First Reconciliation

*This is a joyful meeting with the mercy of God.*

*In this sacrament, we ask Jesus to forgive our sins.*

*It is good to prepare for reconciliation (or penance or confession), first by praying something like this prayer:*

Lord Jesus, shine your light into my heart,  
and help me to trust in you.  
Let me see those things in my life that stop me  
from loving like you do, and free me from them. Amen.

*Then, think about the good things you do, and what you may want to confess to Jesus. Here are some examples:*

- » Do I help at home? Do I try to keep my room or things tidy?
- » Am I selfish or impatient?
- » Do I fight at home or school?
- » Am I fair with those around me?
- » Do I leave others out from my games?
- » Am I kind and generous to those in need?

*After you have spent time pondering the good and bad things in your life, then you are ready to meet Jesus in the Sacrament of Reconciliation.*

Jesus, help me to remember the  
sins I have committed  
and to say sorry for them.  
You only want to hear my sins so  
that you can forgive them.  
Mother Mary, teach me how to  
better love your Son, Jesus,  
and those around me. Amen.



# A student's guide to FIRST RECONCILIATION

You

Father

**1** *Begin with the sign of the cross:*

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

**2** *Then say:*

Bless me father for I have sinned.  
This is my first time. My sins are...

*Tell your sins simply and sincerely...*

*Finish by saying:*

For these and all my sins,  
I am truly sorry.

**3** *Express your sorrow:*

Lord Jesus, Son of God,  
have mercy on me  
a sinner. Amen.

*You can also pray in your own words,  
use the prayer below,  
or another prayer that you may know.*

*The priest may reply*

May you know God's love for  
you, and may God shine the  
light of his love on every area of  
your life, especially where you  
need healing today.

*He may give you some advice*

“... ..”

*He will offer a penance - something  
that will draw you closer to God.*

*In the name of Jesus, the priest will pray:*

I absolve you from all your sins,  
in the name of the Father,  
and of the Son, and of the  
Holy Spirit. Amen.

*He then invites you to go in peace,  
having been forgiven by God.*

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

## After Reconciliation:

Spend some time resting in God's love for you.

Let Jesus sit with you. Let him look at you.

Let him love you and forgive you. Let Jesus heal  
and take away any wounds that you may have.

Let him fill you with his goodness and anything  
else that you need to grow to be more like him.