

## **Celebrating the Sacrament of Reconciliation for Children**

1. Examination of Conscience – Think about how you have loved God and others, and the ways that you have failed to love God and others (sins).

2. **Approach the Priest:**

Together with the Priest you will say,

**“In the Name of the Father, and of the Son, and of the Holy Spirit.  
Amen.”**

**Make the sign of the cross.**

3. Continue by saying, **“Bless me, Father, for I have sinned.”**  
**“These are my sins: \_\_\_\_\_”**

*You tell the priest those sins you remember from your Examination of Conscience.*

4. After telling the priest your sins, you say:  
**“I am sorry for these and for all of my sins.”**  
The priest will say a few words, listen to him.
5. He will give you a penance (usually a prayer **or** a kind deed).
6. Then he will give you the Lord’s forgiveness, which is called absolution.

Then he says a prayer :

“God the Father of mercies, through the death and resurrection of His son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.”

**You and the Priest make the sign of the cross and say, “Amen.**

7. The priest dismisses you, often with a hand shake or other sign of peace.  
**You say, “Thank you, Father”** and return to your seat.
8. **If the penance the priest assigned is a prayer, say your prayers; If your penance is a good deed, remember to do it when you leave.** Remember also to thank God for His mercy, strength, and the grace you have received in the Sacrament of Reconciliation.