

OUR PRAYERS

Sign of the Cross:

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

The Lord's Prayer/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 amongst 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.

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.

First Confession COMPANION



Christ
the King

POPE JOHN XXIII
ROMAN CATHOLIC CHURCH

Step by Step Guide

Go into the Reconciliation Room. *You have the choice to kneel at the screen or sit to talk face-to-face with the priest.*

Make the Sign of the Cross, saying:

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

Then say :

Bless me, Father, for I have sinned.
This is my first confession.
These are my sins...

Tell all your sins openly and honestly,

Then, listen to the priest. He will help you think about ways to make up for what you did and to do better in the future. He may ask you some questions, so listen carefully.

The priest will give you a penance. This may be a prayer to pray or a good deed to do. Remember the penance he gives you to do.



Pray the Act of Contrition when the priest tells you.

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.

The priest will then say a prayer and absolve you of your sins. "...I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."

Answer: AMEN

The priest will then say "Go in peace"

Answer: AMEN

Be fore leaving it's always nice to say
Thank you, Father.

