

## **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.

## **Hail Mary**

Hail Mary, full of grace. The Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

## **Glory Be**

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.

## 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.



## Six Steps of First Penance

**Before** celebrating the Sacrament of Penance we sit quietly and think about our sins. This is called an *examination of conscience*.

**Step 1:** We enter the Reconciliation Room and are greeted by the priest. He invites us to pray the sign of the cross with him. We say, **“Forgive me Father for I have sinned, this is my first confession.”**

**Step 2:** We tell the priest our sins and say, **“I am sorry for all my sins.”**

**Step 3:** The priest asks us to pray the **“Act of Contrition”** (see reverse side) to express our sorrow for our sins.

**Step 4:** The priest gives us a penance to perform. Penance is prayers to pray, an act of kindness or both.

**Step 5:** We receive absolution (forgiveness). The priest holds his hands over our heads and says a prayer of absolution to which we say, **“Amen.”** The priest dismisses us by saying, **“Go in peace.”**

**Step 6:** We return to the pew and pray the penance the priest has given us and ask God to help us to sin no more.

