

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.

FIRST RECONCILIATION

Bless me Father, for I have sinned.

Tell Father one good deed that you did. Then tell Father your sins. When you're finished say...

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

While Father gives you the blessing make the
sign of the cross.

Say "Thank You" to Father.