

## Study Form for First Penance

<b>Child:</b>	<p>In the name of the Father, and of the Son, and of the Holy Spirit. Amen. <i>(Bless yourself while saying this.)</i></p> <p>"Bless me, Father, for I have sinned.</p> <p><i>(Tell your sins to the priest.)</i></p> <p>"For these and all my sins, I am sorry."</p>
<b>Priest:</b>	<p>The priest will then talk to you and then give you a penance, and then he will tell you to say an Act of Contrition.</p>
<b>Child:</b>	<p style="text-align: center;"><u>Act of Contrition</u></p> <p>"O my God, I am heartily sorry for having offended you, and I detest all my sins, because of your just punishments, but most of all because I have offended you my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more, and to avoid the near occasions of sin. Amen."</p>
<b>Priest:</b>	<p>The priest will say the words of <b>absolution</b> and your sins will be forgiven. <i>(Make the sign of the cross when you hear the priest say this...)</i></p> <p>"I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."</p>
<b>Child:</b>	<p>"Amen."</p>
<b>Priest:</b>	<p>"Give thanks to the Lord, for he is good."</p>
<b>Child:</b>	<p>"His mercy endures forever. Amen."</p>
<b>Priest:</b>	<p>"Go in peace, God Bless You."</p>
<b>Child:</b>	<p>"Thank you, Father."</p>

*Students should then return to their pew to kneel and say their Penance.*