

RITE OF RECONCILIATION

(For individual penitent)

1. Priest greets you: **Together make the Sign of the Cross.**
2. Priest says a short prayer to help you trust in God. You answer **“Amen”**. (optional)
3. You say **“Forgive me (or Bless me) Father for I have sinned this is my first confession (or it has been...months since my last confession)** tell your sins to the Priest; He will tell you how to be better.
4. Priest will tell you what to do for a penance, when you leave. **(Remember it)**
5. Priest asks you to say the **Act of Contrition**. (only if you go on your own – class says it together prior to confession)
6. Priest says the prayer of forgiveness (absolution). Listen, then **make the sign of the cross with him** and finish the signing with **“Amen**
7. Priest says, “The Lord has freed you from your sins. Go in peace. You say, **“Amen”**.
8. **Thank Father, then go to your place and say the penance the priest gave you.**

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. Amen.