

Rite of Reconciliation

1. Kneel or sit across from the priest hearing your confession.
2. Make the Sign of the Cross: “ In the name of the Father, . . . “
3. Say aloud: “Bless me Father for I have sinned, it has been ____ (length of time) since my last confession. I am ____ (present state in life: parent, widowed, student, single etc.) and have committed the following sins: (Only serious sins must be confessed and the frequency with which they were committed.)
4. Father will give you a penance of prayers and/or actions to perform and ask you to say an **Act of Contrition** in your own words or one of the following forms:
 - a. “Lord, Jesus Christ, Son of the living God, have mercy on me, a sinner. Amen.”
 - b. “O my God, I am heartily sorry for having offended You. I detest all of my sins because I dread the loss of heaven and the pains of hell. But, most of all, because they offend 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.”
 - c. "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 sin no more, to avoid whatever leads me to sin, and to do penance. Your Son Jesus Christ suffered and died for sinners, have mercy on me a sinner. Amen."
5. Father will then extend his hand over you or place his hand lightly on your head as he says the Prayer of Absolution to take away your sins. Father may end by saying, “Give thanks to the Lord for He is good.” You reply: “For His mercy endures forever.”
6. Leave the Room of Reconciliation
7. Say/do your Penance.