

Bless me Father, for I have sinned. This is my First Confession.

These are my sins:

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- **For these sins and every way I have offended God, I truly am sorry for.**

The Priest assigns a Penance

The 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 avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, My God, Have Mercy.

Amen.

The Priest will give you absolution:

.....may God give you pardon and peace, and I absolve you of your sins in the name of the Father, and of the Son, and of the Holy Spirit.

(Make the Sign of the Cross and say AMEN.)

Priest: Go in Peace

Me: Thanks be to God. Thank you Father.