**FORMULA FOR SACRAMENT OF RECONCILIATION**

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (Together, make the Sign of the Cross.)

**Person**: “Bless me, Father, for I have sinned.” “It has been \_\_­­­­\_ weeks (months) since my last Confession.” “These are my sins. (Tell your sins). When finished say: “I am sorry for these and all the sins of my whole life.”

Priest: Gives words of advice and suggestions. He tells you what to do for penance (Prayers to be said after confession).

**Person**: Says **\*\*Act of Contrition**

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 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.

Priest: Gives Absolution (the words which takes away sins) I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit. (Make the Sign of the Cross as the priest blesses you.)

**Person:** Amen.

Priest: Go in Peace.

**Person:** Thank you Father