

# A FORM OF CONFESSION

(You are the penitent; explanations and directions are in *italics*.)

Priest: "Good evening." (*or similar words of welcome*).

**Penitent:** **"Good evening, Father."** (*Then make the Sign of the Cross and as you say the following.*) **"In the Name of the Father, and of the Son, and of the Holy Spirit, Amen."**



Priest: "May the Lord help you to confess your sins" (*or similar words*.)

**Penitent:** **"Amen."** (*Then begin your confession.*) **"Forgive me, Father, for I have sinned. It has been \_\_\_\_\_ since my last confession."** (*State in number of weeks, months or years the time since your last confession. If you do not remember, say that to the priest*)  
*Next, confess your sins. Make know how often the sin is committed, for example, once, twice, sometimes, often.*

*When you are finished, say the following: "I am sorry for all my sins."*

Priest: *The priest may talk to you about your sins and how you can avoid them. "For your penance . . ." (The priest will give you your penance. He will then ask you to pray an Act of Contrition, either before or as he prays the words of Absolution below.)*

**Penitent:** (*If the Priest asks you to pray an 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.**

Priest: "God the Father of mercies . . . 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 while the priest says these words.)*



**Penitent:** **"Amen."**

Priest: "Give thanks to the Lord for He is good."

**Penitent:** **"For His mercy endures forever."**

Priest: "Go in peace."

**Penitent:** **"Thank you, Father."** (*Leave, return to your pew, and say the penance that the priest has given.*) (over)

# SACRAMENT OF RECONCILIATION

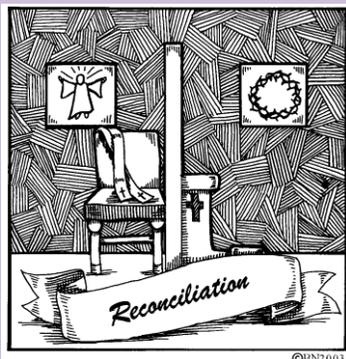
## *Explanation of Terms*

- Examination of conscience:** We think about what we have said and done and how we may have sinned.
- Confession of sins:** We tell the priest all our sins and express our sorrow.
- Penance:** The priest talks to us about our sins and gives us a penance, which could be a prayer or an invitation to help others.
- Act of Contrition:** Through this prayer of sorrow, we ask God to forgive us.
- Absolution:** The priest says the prayer for the forgiveness of sins.

## *Prayers*

### *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.



### *Our Father*

Our Father, who art in heaven,  
hallowed be Thy name; Thy  
kingdom come; Thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass  
trespass against us;  
and lead us not into temptation,  
but deliver us from evil. AMEN.

### *Hail Mary*

Hail Mary, full of grace,  
the Lord is with you;  
blessed are you among women,  
and blessed is the fruit of your womb,  
Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now  
and at the hour of our death. AMEN