

The Sacrament of Reconciliation

PRIEST

PENITENT

WELCOMES you.



COUNSELS you about your sins & ways to stop them. Assigns your **PENANCE**.



*God the Father of mercies, through the death and resurrection of His Son has reconciled the world to Himself and poured out the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God grant you pardon and peace, and I absolve you from your sins **in the name of the Father, and of the Son, and of the Holy Spirit.***

Give thanks to the Lord, for He is good.

1

EXAMINE your conscience in a quiet place before receiving this sacrament.



2

Confess

In the name of the Father, and of the Son, and of the Holy Spirit. Bless me Father, for I have sinned.



It has been _____ since my last confession.

I have _____, ___ times.

(Say all sins.)

I am sorry for these and all my sins.

3

Penance



O my God, I am heartily sorry for having offended You and I detest all 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.



4

Act of Contrition

I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

5

Absolution



6

His mercy endures forever.



7

RETURN to your pew and DO your penance.

