

RITE OF PENANCE

Enter the Confessional and kneel.

Make the Sign of the Cross and say:

**“Bless me, Father, for I have sinned. It has been _____
(how long?)
since my last confession. These are my sins:”**

Tell the priest your sins.....

Let the priest know you are finished naming all your sins - by saying:

“For these and all my sins, I am sorry.”

1 - The priest will give you a penance. (Remember what he tells you)

2 - The priest will then ask you to say the **“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.”

The priest will then say, “God the Father of mercies, through the death and resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give 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.”** **Make the sign of the cross.**

The priest will say, **“Go in peace.”**

You answer, **“Thank you Father”**

Leave the Confessional, go to a pew, kneel down and quietly say your penance.