

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.”

- The priest will give you a penance. (Remember what he tells you)
- The priest will then ask you to say the **“ACT OF CONTRITION.”**

**“O my God, I am heartily sorry for having offended Thee, 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 confess my sins, to do penance, and to amend my life.
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 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. Amen. **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.