

Sacrament of Reconciliation

Preparation before entering confessional: Examine your conscience. Be sorry for your sins. Make up your mind not to sin again. Say Act of Contrition by yourself before confession.

Going in to confessional:

Bless yourself: In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.

Bless me Father for I have sinned. My last confession was (How long ago? or This is my First Confession)

My sins are: Tell sins and how many times you committed them. When finished telling sins say: I am sorry for these sins and all the sins of my past life.

The priest will talk to you and give you advice.

The priest will give you penance. He will then tell you to say your Act of Contrition.

O my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

The priest will then give you absolution.

The priest then dismisses you. He may say "Go in peace." You say "Amen". Or...he may say "Peace be with you." You say "And also with you."



Leave the confessional and do your penance.