

Rite of Reconciliation

1. Father welcomes you.

2. Begin with:

✙ In the name of the Father, and of the Son,
and of the Holy Spirit Amen.



3. Listen to the prayer or reading. *optional*

4. Tell Father that this is your first confession.

If this is not your first confession, tell Father how long it has been since your last confession.

5. Share your sins with Father.

Father may talk with you about your sins and give you some advice.

6. Listen to and remember your penance.

To help you keep away from sin, Father will give you something to do.

7. Pray the Act of Contrition:

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.

8. Father will give you absolution by praying:

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. Amen.

9. Give Praise to God.

Father will say a short prayer.

You say: Thanks be to God.

10. Do your penance.

Remember to do your penance that Father asked you to do.

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