

**THE SACRAMENT
OF
RECONCILIATION**

GREETING

Make the Sign of the Cross

“Bless me Father, for I have sinned. My last reconciliation was... (approximate date)

These are my sins....”

CONFESSION OF SINS

PRIEST GIVES A PENANCE

**PENITENT EXPRESSES SORROW
(Act of Contrition)**

*Say a spontaneous prayer asking
God to forgive you.*

*Or you may choose to use on the
established Acts of Contritions
on the other side.*

PRIEST GIVES ABSOLUTION

At the end, make the Sign of the Cross

ENDING

You are invited to leave.

Priest may say, “Go in peace.”

You respond, “Thanks be to God.”

**ACTS OF
CONTRITION**

*Either say a spontaneous prayer
asking God to forgive you or choose
One of the following:*

Dear God, I am sorry for all my sins.

I am sorry for the wrong things

I have done.

I am sorry for the good things

I have failed to do.

I will try to do better.

Help me to show your love. Amen.

Lord Jesus, Son of God,

have mercy on me, a sinner.

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 art all good and deserving

of all my love.

I firmly resolve,

with the help of thy grace,

to confess my sins, do penance

and to amend my life. Amen

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.