

RITE OF RECONCILIATION FOR INDIVIDUAL PENITENTS

**RECEPTION OF THE PENITENT**

PRIEST: Welcomes the penitent.

PENITENT: **IN THE NAME OF THE FATHER, AND THE SON,  
AND THE HOLY SPIRIT. AMEN.**

PRIEST: Invites the penitent to have trust in God.

**READING OF THE WORD OF GOD (OPTIONAL)**

The priest or penitent may read a text of Holy Scripture.

**CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION**

PENITENT: **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 with honesty and sorrow, and also tell the priest a little about yourself. The priest will listen to you and guide you.*

PENITENT: **I AM SORRY FOR THESE AND ALL MY SINS.**

The priest will give you a penance to help make up for your sins and to change your heart.

**PRAYER OF THE PENITENT AND ABSOLUTION**

PENITENT: **O MY GOD, I AM HEARTILY SORRY FOR HAVING OFFENDED THEE, AND I DETEST ALL MY SINS BECAUSE OF THY PUNISHMENTS, BUT MOST OF ALL BECAUSE THEY OFFEND THEE, MY GOD, WHO ARE ALL-GOOD AND WORTHY OF ALL MY LOVE. I FIRMLY RESOLVE, WITH THE HELP OF THY GRACE, TO SIN NO MORE AND TO AVOID THE NEAR OCCASIONS OF SIN. AMEN.**

After the Act of Contrition, the priest will give you Absolution. At the end of the Absolution, make the sign of the cross and say, **AMEN.**

**PROCLAMATION OF PRAISE AND DISMISSAL**

PRIEST: Give thanks to the Lord, for he is good.

PENITENT: **HIS MERCY ENDURES FOREVER.**

PRIEST: Dismisses the penitent in peace.