

## RITE OF RECONCILIATION FOR INDIVIDUAL PENITENTS

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### 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 YOU,  
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 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.