

To offer you a flowing-format for celebrating the Sacrament of Reconciliation, share your confession by saying the following statements in **BOLD**:

- 1. “In the name of the Father and of the Son and of the Holy Spirit. Bless me Father, for I have sinned. It’s been \_\_\_\_\_ (state the approximate number of days, months, years) since my last confession and here are my sins.”** (Then, share your sins.)
  
- 2.** (To help you end your sharing when you are finished stating your sins, say,) **“For these and all my sins I am sorry and I ask for God’s forgiveness and for absolution.”** (Then the priest will offer you some counsel and then discuss with you a penance you are to do. Penance is to help you convince yourself that you are sincere in wanting change (conversion) and to obey the Gospel. Once the priest is finished, he will invite you to pray aloud your Act of Contrition.)
  
- 3.** Act of Contrition: for small children and/or certain times: **“Lord Jesus, have mercy on me a sinner.”** Or for adults and/or other times, **“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.”**
  
- 4.** The priest will then pray the Prayer of Absolution over you with his hand(s) extended.)
- 5.** Upon ending, he says: **“Give thanks to the Lord, for He is good!”**
- 6.** You respond: **“For His mercy is everlasting!”**
- 7.** Priest says: **“Go, in the peace of Christ.”**
- 8.** You say: **“Thanks be to God!”**