

RITE OF RECONCILIATION

(For individual penitent)

1. Priest greets you: **Together make the Sign of the Cross.**
2. Priest says a short prayer to help you trust in God. You answer **“Amen”**.
3. You say **“Forgive me (or Bless me) Father for I have sinned”** and tell your sins to the Priest; He will tell you how to be better.
4. Priest will tell you what to do for a penance when you leave.
(Remember it)
5. Priest asks you to say the Act of Contrition.
6. Priest says the prayer of forgiveness. Listen, then make the sign of the cross with him and finish it with **“Amen”**.
7. Priest says, “Give thanks to the Lord for He is good.” You answer, **“His mercy endures forever.”**
8. Priest says, “The Lord has freed you from your sins. Go in peace. You say, **“Amen”**.
9. **Thank Father, then go to your place and say the penance the priest gave you.**

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.
Amen.