

## **The Rite of Reconciliation**

Make the Sign of the Cross

**“Bless me, Father, for I have sinned. It’s been [amount of time] since my last confession. These are my sins:”**

[Tell the priest your sins, especially the mortal sins]

The priest will talk to you and give you your penance.

The priest may ask you to pray the **Act of Contrition**. (See reverse of this card.)

The priest will give you absolution, ending, “I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.”

**“Amen,”** you respond.

The priest will say, “Go in peace.”

**“Thank you, Father,”** you respond.

Leave the confessional and go to a pew where you can pray your penance.

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### **Act of Contrition**

O my God,  
I am heartily sorry for having offended You,  
And I detest all my sins,  
Because of Your just punishment,  
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 occasion of sin.

Amen.

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