

THE RITE OF PENANCE

Our Lord Jesus Christ said “Come unto me all ye that are troubled and burdened, and I will give you Rest.” Remember the gift of this Sacrament is an expression of God’s Love for you showing his mercy, forgiveness, and desire for healing and restoration. If you have any questions or need direction to help you make your confession, do not hesitate to ask.

When you are ready to start, say:

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Priest will pray for God to help you to make your confession. When he has finished, say:

Bless me, Father, for I have sinned. It has been [name the time] since my last confession.

Then confess your sins honestly in your own words; let the priest know when you have finished.

The Priest may ask questions or give you pastoral counsel. He will give you a penance to perform, which you should do as soon as possible.

Then pray a Prayer of Contrition, telling God in your own words that you are sorry; that you intend not to sin again; and that you desire God’s forgiveness: or you may use the traditional Act of Contrition:

Oh my God, I am heartily sorry for having offended thee. I detest all my sins because of your just punishments, but most of all because they offend thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more, and to avoid the near occasion of sin. Amen.

The Priest will then pronounce ABSOLUTION. He may also add a prayer for the Holy Spirit to assist you in the area of your struggles. He will end with these or similar words:

GO IN PEACE.