

Practicing the Rite of Reconciliation – Individual Rite of Reconciliation

After my examination of conscience, I am ready to go to confession.

<p>1. I am greeted by the priest. The priest welcomes me, and we pray the Sign of the Cross. He invites me to trust in God who loves me.</p>	<p>Priest: Hello _____ (name). Penitent: Hello, Father. Priest: Let's begin in the name of the Father and of the Son and of the Holy Spirit. <i>Join with Father saying and praying the Sign of the Cross.</i> Penitent: Bless me Father, for I have sinned.</p>
<p>2. We read the Word of God. The priest may read aloud a passage from the Bible, or he may invite me to read it.</p>	<p>(Optional – so sometimes this doesn't happen) Priest: Let's read from the Bible together Penitent: <i>Listens to the Bible reading or reads it aloud if Father asks.</i></p>
<p>3. I tell my sins to the priest. The priest helps or counsels me. Then he gives me a penance.</p>	<p>Priest: What would you like to share with me today? Penitent: _____ <i>Shares sins with Father</i> Priest: <i>May ask more questions about what happened or may talk to you about ways you could make better choices next time. If this is not your first confession, tell Father how long it has been since your last confession.</i> Priest: For your penance, please _____. <i>Father asks you to do something to help make right whatever was made wrong by your sins, or he asks you to pray a prayer or prayers to help you love God and other people more.</i></p>
<p>4. I ask for God's pardon. I express sorrow for my sins. I pray an Act of Contrition or another prayer of sorrow.</p>	<p>Priest: It's time to say the Act of Contrition. Penitent: 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.</p>
<p>5. I receive absolution from the priest. The priest absolves me from my sins in Jesus' name.</p>	<p>Priest: <i>Putting his hands over or on your head,</i> I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p>
<p>6. I give thanks to God and go in peace. The priest and I thank God for his love and mercy, and then the priest says, "Go in peace." I leave and do the penance he gave me as soon as possible.</p>	<p>Priest: <i>Says a prayer of thanksgiving, ending with Go in peace.</i> Penitent: Thanks be to God!</p> 

After leaving Father, find a place to say the prayers you may have received for penance, or sit quietly to think about your conversation.