

## FORMAT FOR THE SACRAMENT OF RECONCILIATION

Father Greet me. I make the sign of the cross: **IN THE NAME OF THE FATHER AND OF THE SON AND OF THE HOLY SPIRIT, AMEN.**

Then I say, **"BLESS ME, FATHER, FOR I HAVE SINNED. THIS IS MY FIRST CONFESSION. AND THESE ARE MY SINS.** I tell father my sins: what I did wrong and why. Then I say, **FOR THESE AND ALL MY SINS I AM TRULY SORRY.**

Father talks with me about my sins and how to be better.

Father gives me penance.

**I SAY AN ACT OF CONTRITION.**

Father gives me absolution (forgives me for my sins). Father may hold out his hand or place his hand on my head.

Father says, "Go in peace to love and serve the Lord" (or something similar).

I say, "Thank you, Father."

I go back to my pew and say my penance.

### THE ACT OF CONTRITION

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, 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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