

Steps in the Rite of Reconciliation

1. The priest will greet you, and then you begin by making the Sign of the Cross while saying:

“BLESS ME FATHER, FOR I HAVE SINNED. MY LAST CONFESSION WAS...” (weeks, months)

2. Now confess your sins to the priest. When you have said your last sin, say:

“I AM SORRY FOR THESE AND ALL OF MY SINS.”

3. The priest will assign you a penance and offer advice to help you be a better Catholic. It may be prayers, a kindness to perform, and/or a sacrifice to make. Be sure to listen carefully so you remember what your penance is.
4. The priest will ask you to pray the Act of Contrition, which is an expression of sorrow for your sins.

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 OCCASIONS OF SIN. AMEN.

5. The priest, acting in the person of Christ, then will absolve you from your sins by saying the Prayer of Absolution. Listen for “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy spirit.” You make the Sign of the Cross and respond, “AMEN.”
6. The priest will offer some proclamation of praise, such as “Give thanks to the Lord, for He is good,” to which you respond, “HIS MERCY ENDURES FOREVER.”
7. The priest will then dismiss you by saying: “The Lord has freed you from your sins. Go in peace.” You respond, “THANK YOU, FATHER.”
8. Now you must make satisfaction for your sins by completing your assigned penance.