

## **THE SACRAMENT OF RECONCILIATION**

### **The Procedure Used**

#### **Approach the priest.**

Either kneel behind the screen or sit in the chair facing the priest.

#### **Begin your Reconciliation.**

1. Make the sign of the cross while saying, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
2. Bless me Father, for I have sinned.
3. It has been (tell how long) since my last reconciliation.
4. Tell the priest your sins.
5. Let Father know when you are finished. This could be done by saying "For these and all of my sins I am very sorry."

#### **The priest takes over.**

He may ask some questions. For example: "How much did you steal?" "Did you pay it back?" After the priest has talked to you, he will give you your penance.

**You receive absolution (you are forgiven).** At the end of the prayer, the priest will say: "In the name of the Father, and of the Son, and of the Holy Spirit." You should make the sign of the cross along with him.

**You reply** "Amen." Then the priest may say "Go in peace" or "God bless you."

**You reply** "Thank you, Father."

## **ACT OF CONTRITION**

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.  
Amen