

“RITE OF RECONCILIATION”

**IN THE NAME OF THE FATHER AND OF THE SON AND OF THE
HOLY SPIRIT. AMEN.**

**BLESS ME FATHER FOR I HAVE SINNED.
THIS IS MY FIRST CONFESSION AND THESE ARE MY SINS:**

(AFTER YOU TELL THE PRIEST YOUR SINS, THEN SAY:)

FOR THESE AND ALL MY SINS, I AM TRULY SORRY.

(THE PRIEST WILL TALK TO YOU, GIVE YOU A PENANCE
AND ASK YOU TO SAY AN ACT OF CONTRITION.)

ACT OF CONTRITION

**O MY GOD, I AM SORRY FOR MY SINS.
IN CHOOSING TO SIN AND FAILING TO DO GOOD
I HAVE SINNED AGAINST YOU AND YOUR CHURCH.
I FIRMLY INTEND WITH THE HELP OF YOUR SON
TO MAKE UP FOR MY SINS AND
AND TO LIVE AS I SHOULD.**

(THE PRIEST WILL PRAY THE WORDS OF ABSOLUTION.)

“THANK YOU, FATHER”