

Rite of Reconciliation of Individual Penitents

The penitent should prepare for the celebration of the sacrament by prayer, reading of scripture and silent reflection.

Close door after entering. You may kneel behind the screen and remain anonymous or sit in the chair and confess face to face.

RECEPTION OF THE PENITENT

GREETING

When the penitent comes to confess his sins, the priest welcomes him warmly and greets him with kindness.

SIGN OF THE CROSS

The Penitent makes the Sign of the Cross:

**In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

INVITATION TO TRUST IN GOD

The priest invites the penitent to have trust in God.

READING OF THE WORD OF GOD

The priest may read or say from memory a text of Scripture which proclaims God's mercy and calls man to conversion.

CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

The penitent begins:

It has been ___ since my last confession. My sins are....

The penitent concludes :

These are all my sins.

The priest gives the penitent counsel and proposes an act of penance which the penitent accepts to make satisfaction for sin and to amend his life. The penitent should ask any appropriate questions.

PRAYER OF THE PENITENT AND ABSOLUTION

The priest then asks the penitent to express his sorrow, which the penitent may do in these or similar words:

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.

or

Wash me from my guilt and cleanse me of my sin. I acknowledge my offense; my sin is before me always.

Psalm 51:4-5

or

Remember, Lord, your compassion and mercy you showed long ago. Do not recall the sins and failings of my youth. In your mercy, remember me, Lord, because of your goodness.

Psalm 25:6-7

or

Father, I have sinned against you and am not worthy to be called your son.

Be merciful to me, a sinner. *Luke 15:18, 18:13*

or

Lord Jesus, you chose to be the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness and truth.

or

Lord Jesus Christ, you are the Lamb of God; you take away the sins of the world. Through the grace of the Holy Spirit restore me to friendship with your Father, cleanse me from every stain of sin in the blood you shed for me, and raise me to new life for the glory of your name.

or

Lord God, in your goodness have mercy on me: do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

The priest then extends his hand over the penitent's head and says the prayer of absolution. The penitent answers:

Amen.

PROCLAMATION OF PRAISE OF GOD AND DISMISSAL

After the absolution, the priest continues:

Give thanks to the Lord, for he is good. *—Psalm 118:1*

The penitent concludes:

His mercy endures for ever.

The priest dismisses the penitent who has been reconciled.