

Sacrament of Reconciliation

This is the proper procedure for the *Sacrament of Reconciliation*. A complete examination of conscience must be done prior to the Sacrament of Reconciliation.

You have a choice of going face to face or behind the screen for your confession.

Begin with the Sign of the Cross: Make the Sign of the Cross as you say, "In the name of the Father, and of the Son, and of the Holy Spirit."

Then say:

Bless me father, for I have sinned. This is my first confession and these are my sins.

(After saying this, you begin to tell the priest your sins. Make sure to let the priest know when you are done confessing your sins.)

The priest will give you a penance (which may be prayers to say or an act of kindness to do to show that you are sorry for your sins.)

After the priest has given you your penance, you will then say the **Act of Contrition** prayer. Prayer is located on bottom of this sheet.

While you are saying the Act of Contrition prayer, the priest will give you **absolution** (*a blessing that takes your sins away and forgives you for these sins*). You should try to show God you are truly sorry for these sins by not committing them again.

After the priest has given you absolution, you then make the Sign of the Cross and you are done.

Act of Contrition Prayer

Oh, my God, I am heartily sorry for having offended you, and I detest all my sins because of Your just punishment, 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