
Name _____

The Rite of Penance

After you have examined your conscience you will go into the confessional. You will either kneel down or sit down. Father will begin by saying, "In the Name of the Father, and of the Son, and of the Holy Spirit." You make the Sign of the Cross with Father and then answer, "Amen."

"Bless me, father, for I have sinned. This is my first Confession. These are my sins."

Confess all of the sins you can remember, and tell how many times you committed them.

After confessing your sins, you say:

"For these, and all my sins, I am truly sorry."

The priest might talk to you about your sins. The priest will then give you a penance and ask you to pray the Act of Contrition.

You say:

**"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."**

The priest will pray the prayer of absolution and dismiss you.

*The priest says: "God, the Father of mercies...and I absolve you from your sins in
the Name of the Father, and of the Son, and of the Holy Spirit."*

You say: "Amen."

The priest says: "Give thanks to the Lord, for He is good."

You say: "His mercy endures forever."

You say: "Thank you, Father."

You leave the confessional, kneel at the altar rail, and pray your penance.