

Rite of Individual Confession

The penitent enters the Confessional or Reconciliation Room makes the sign of the cross and says:

“BLESS ME FATHER FOR I HAVE SINNED”

(Then you tell the priest how long it has been since your last confession. Ex. “It has been one month since my last confession.”)

Then you tell the priest your sins. When you are done you say:

“FOR THESE AND ALL MY SINS I AM TRULY SORRY”

The priest might ask you some questions in order to clarify some sins or he might give you some advice.

He will then give you a penance to say or to do. Example: “For your penance say three Hail Marys and two Our Fathers,” or “For your penance apologize to your friend.”

When he is done he will ask you to say an Act of Contrition. This can either be a formal prayer or in your own words. It is a prayer telling God you are sorry for your sins and that you are going to do your best not to sin again. Here is an example of one that many people say:

***“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.”***

Then the priest will give you absolution by saying the following prayer or a shorter version of it.

***Priest:
God, the father of mercies, through the death and resurrection of His Son,
Has reconciled the world to Himself and sent the Holy Spirit among us
for the forgiveness of sins;
Through the ministry of the Church may God give you pardon and peace
and absolve you from your sins,
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.***

Then you bless yourself. Then say:

“THANK YOU FATHER”

Go out of the confessional room and say, or do, your penance as soon as possible.