

How Do We Receive the Sacrament of Reconciliation?

Take time to pray and examine your conscience before going to confession and receiving the Sacrament of Reconciliation. Enter the confessional (kneel) or sit face-to-face with the priest. When the priest is ready, make the sign of the cross.



*"In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
Bless me Father for I have sinned. My last confession was _____ ago.
My sins are . . . I _____ time(s).
For these and any other sins that I may have forgotten, I am sorry."*

(# of days, weeks, months, years)
(name each sin) (number)



The priest listens to your sins. He may give you some thoughts on what you shared. He will give you your penance, which most often includes prayers.
"For your penance, _____."



Pray the Act of Contrition when invited by the priest or while he gives the absolution.
"O my God, I am heartily sorry for having offended You. 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 confess my sins, to do penance and to amend my life. Amen."



The priest will forgive you in the name of Jesus Christ by pronouncing the absolution that ends with the following sentence:
"I absolve you from your sins in the Name of the Father, and of the Son, and of the Holy Spirit. Amen."
"God Bless You" or "Go in Peace" or something similar is said by the priest.



*"Thank you, Father."
Make and pray the sign of the cross.
"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."*

Leave the confessional and go back to a pew or suitable place in the church to do your penance. Don't forget to thank God for His loving mercy and the Sacrament of Reconciliation.