

FORMAT FOR RECONCILIATION

The priest welcomes you in Jesus' name.

You make the sign of the Cross.

You say – “Forgive me Father, I have sinned. The last time I was at Reconciliation was_____”

Then confess your sins...

The priest will give you a penance (to do an act of kindness or to say a specific prayer)

Then you say you're sorry in your own words or read the Act of Contrition

The priest will make the sign of the cross over you. And forgives you in the name of the Father, Son and Holy Spirit. (You have been absolved of your sins.)

You say – “Amen” and/or “Thank you, Father”

You go back to your pew and do your penance as soon as possible. Sit quietly and still, until your entire class is done.

ACT OF CONTRITION

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

