but take away all my guilt.
Create in me a clean heart
and rekindle within me an upright spirit.

OR

Lord Jesus, Son of God,
have mercy on me, a sinner.

ABSOLUTION

If the penitent is not kneeling, he or she
bows his or her head. The priest extends his
hands (or at least extends his right hand)
and says:

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
God may give you pardon and peace,
and I absolve you from your sins in the
name of the Father, and of the Son, and
of the Holy Spirit.

The penitent answers:

Amen.

PROCLAMATION OF PRAISE OF
GOD AND DISMISSAL

Penitent and priest give praise to God:

Priest: Give thanks to the Lord,
for he is good.
Penitent: His mercy endures for ever.

Then the penitent is dismissed by the priest.
CONFESSION OF SINS AND
ACCEPTANCE OF SATISFACTION
The penitent speaks to the
priest in a normal, conversa-
tional fashion. The peni-
tent tells when he or she last
celebrated the sacrament and
then confesses his or her sins. The penitent
then listens to any advice the priest may give
and accepts the satisfaction from the priest.
The penitent should ask any appropriate
questions.

PRAYER OF THE PENITENT AND
ABSOLUTION
Before the absolution is given, the
penitent expresses sorrow for sins in these or
similar words:

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.

Remember, Lord, your compassion
and mercy
which you showed long ago.

Do not recall the sins and failings
of my youth.
In your mercy remember me, Lord,
because of your goodness.

OR

Wash me from my guilt
and cleanse me of my sin.
I acknowledge my offense;
my sin is before me always.

OR

Father, I have sinned against you
and am not worthy to be called your son.
Be merciful to me, a sinner.

OR

Father of mercy,
like the prodigal son
I have returned to you and say:
“I have sinned against you
and am no longer worthy to be called
your son.”

Christ Jesus, Savior of the world,
I pray with the repentant thief
to whom you promised Paradise:
“Lord, remember me in your kingdom.”
Holy Spirit, fountain of love,
I call on you with trust:
“Purify my heart,
and help me to walk as a child of light.”

OR

Lord Jesus,
you opened the eyes of the blind,
healed the sick,

OR

forgave the sinful woman,
and after Peter’s denial confirmed him
in your love.
Listen to my prayer:
forgive all my sins,
renew your love in my heart,
help me to live in perfect unity with
my fellow Christians
that I may proclaim your saving power
to all the world.

OR

Lord Jesus,
you chose to be called the friend
of sinners.
By your saving death and resurrection
free me from my sins.
May your peace take root in my heart
and bring forth a harvest
of love, holiness and truth.

OR

Lord Jesus Christ,
you are the Lamb of God;
you take away the sins of the world.
Through the grace of the Holy Spirit
restore me to friendship
with your Father,
cleanse me from every stain of sin
in the blood you shed for me,
and raise me to new life
for the glory of your name.

OR

Lord God,
in your goodness have mercy on me:
do not look upon my sins,