

Rite of Reconciliation

Penitent: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Priest: May God, who has enlightened every heart, help you to know your sins and trust in his mercy.

Penitent: Amen.

Penitent: It has been ___ (days, months, years...) since my last confession and since then my sins are...



The priest helps the penitent to make an integral confession and gives him suitable counsel. The priest proposes an act of penance which the penitent accepts to make satisfaction for sin and to amend his life.

Penitent: 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.

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 grant 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.

Penitent: Amen.