

Rite of Penance

Here are the basics of what takes place in Confession. There is flexibility in how you personalize it for your own needs and experience. Remember that it is not the priest you are confessing to, and it is not the priest who absolves you of the guilt of your sins; it is Jesus Himself speaking through the priest, which is what makes this a true Sacrament and a healing encounter with Christ.

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

Priest: Invites the penitent to have trust in God.

Penitent: Amen.

The Reading of the Word of God

The penitent then listens to a text of Scripture which tells about God's mercy and calls men to conversion.

Confession of Sins and Acceptance of Satisfaction

The penitent speaks to the priest in a normal, conversational fashion. The penitent tells when he or she last celebrated the sacrament, 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.

or Psalm 25:6-7

Remember, Lord, your compassion and mercy 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 Psalm 51:4-5

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

or Luke 15:18, 18:13

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

or

Lord Jesus, you chose to be 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,
cleansing 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 on my sins, but take away all my guilt.
Create in me a clean heart and renew within me an upright spirit.

or

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

The priest will then give absolution, saying these or similar words:

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 I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

*The penitent replies **Amen**.*

Proclamation of Praise of God and Dismissal

Priest: Give thanks to the Lord, for he is good.

Penitent: His mercy endures for ever.

Then the penitent is dismissed by the priest.