Sacrament of Reconciliation

As you are making the Sign of the Cross say:

- † **"Bless me Father, for I have sinned. It has been _____ weeks (months, years) since my last confession. These are my sins:"** _____

(Say the sins that you remember. Suggestion: Start with the one(s) that is most difficult to say.) After confessing all the sins you remember since your last confession, let the priest know you are finished by saying:

- † **"For these, and all the sins I may have forgotten, I am sorry."**

Listen to the words of the priest. He will assign you your penance.
When (if) invited pray:

- † **A prayer of sorrow or Act of Contrition**.

The priest may say "Give thanks to the Lord for He is good," "The Lord has freed you from your sins. Go in peace."

- † **Response: Thanks be to God**

As you leave, it is also good to say:

- † **"Thank-you Father"**

Return to your pew, kneel, think about and pray your penance and offer a prayer of thanksgiving to God for His mercy.