

The Rite Of The Sacrament Of Reconciliation

What will happen during the Rite

1. You will enter the confessional or sit face to face with the priest.
2. You will say/ make the Sign of the Cross.

Child: **"In the name of the Father and of the Son, and of the Holy Spirit. Amen. "**

"Bless me Father for I have sinned. (This is my first confession) and these are my sins _____."

Say all your sins and how many times you did each, then say,

Child: **"For these and those I cannot now remember, I am truly sorry"**

(When you go to confession anytime after your first time, you say this instead " Bless me Father for I have sinned. My last confession was __ago, and these are my sins.")

3. Listen to Father's advice and pay attention to your penance. Pray the Act of Contrition
4. The Act of Contrition

Child: **O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments but most of all because they offend you, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen**

5. The priest will raise his right hand over you and say a prayer to absolve you of your sins. You make the Sign of the Cross when Father says,

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

Child: **"Amen. "**

Priest: *"Give thanks to the Lord, for He is good."*

Child: **"His mercy endures forever."**

Priest: *"The Lord has freed you from your sins. Go in peace"*

Child: **"Thanks be to God"**, Make the Sign of the Cross and leave the confessional or seat if you are face to face.

Proceed to a pew in the Chapel, pray your penance, then proceed back to your family.