



- ⊕ Listen to the **penance** Father gives you.
- ⊕ When Father tells you, pray an Act of Contrition
(See the back side of this booklet)
- ⊕ Listen to Father as he prays the words of **absolution**, and make the Sign of the Cross.
- ⊕ Say "**Amen**," at the end of Father's prayer.
- ⊕ Thank Father and do the **penance** as soon as you can.

"I am sorry for these and all my sins;"
When you are done saying your sins, say,
other people, or yourself.

Tell the priest the things you needed to do but you
didn't; and the things you did that hurt God,
and my neighbor as I should because..."

You might start by saying, "**I have not loved God**
Make your confession:

⊕ since your last confession if this is not your first)
confession." (Or tell him how long it has been
for I have sinned. This is my first

⊕ Begin your confession by saying "**Bless me, Father,**

⊕ Make the **Sign of the Cross**

⊕ Greet Father when he welcomes you.

Sacrament of Reconciliation

Act of Contrition

O my God, I am heartily sorry
for having offended Thee,
and I detest all my sins,
because of Thy just punishments,
but most of all,
because they offend Thee, my God,
Who art all-good and deserving of all my love.
I firmly resolve,
with the help of Thy grace,
to sin no more,
and avoid the near occasion of sin.
Amen.



Reconciliation