

Individual Confession and Absolution

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

Penitent: Bless me Father for I have sinned. It has been _____
since my last confession. These are my sins.

(The priest, who represents Christ and the Church listens and offers some guidance and will give a penance.)

Act of Contrition

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.

(The priest will extend his hand and say the prayer of absolution)

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

(After receiving the absolution, the penitent then goes to the Chapel for a period of time for a prayer of thanksgiving for the Lord's gift of mercy.)