

Form for the Sacrament of Reconciliation

CHILD: *(make the Sign of the Cross)* In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

PRIEST: May God, who has enlightened every heart, help you to know your sins and trust in His mercy.

CHILD: Amen.

CHILD: Bless me Father for I have sinned. This is my first confession. These are my sins: *(list sins)*

CHILD: I am sorry for these and all the sins of my past life.

**Listen to Priest's instructions and understand your penance.*

CHILD: Say your Act of Contrition *(from memory)*

PRIEST: *Absolution:* 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.

CHILD: *(make the Sign of the Cross)* Amen.

PRIEST: Go in peace, the Lord has freed you from your sins.

CHILD: Thank you Father and God bless you.

Act of Contrition

O my God,

I am sorry and repent with all my heart

for all the wrong I have done

and for the good I have failed to do,

because by sinning I have offended you,

who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace,

to do penance,

to sin no more,

and to avoid the occasions of sin.

Through the merits of the Passion of our Savior Jesus Christ,

Lord, have mercy.