

## **RITE OF RECONCILIATION FOR INDIVIDUALS**

Greeting from the Priest

Sign of the Cross

Scripture Passage

### **Confession of Sin**

**Honestly confess the sins that you have committed. All serious, or mortal sins, should be included first, then the less serious sins.**

Advice and Spiritual Counseling

Penance

The prayer or good works that you will be asked to do as a sign of your sincere repentance.

### **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. Amen.**

Absolution

The priest places his hands on your head, or extends his right hand toward you, and prays these words of forgiveness:

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. Amen.