

THE RITE OF PENANCE

THE RITE FOR RECONCILIATION FOR INDIVIDUAL PENITENTS

Texts for the Penitent

The penitent should prepare for the celebration of the sacrament by prayer, reading of Scripture, and silent reflection. The penitent should think over and should regret all sins since the last celebration of the sacrament.

1. RECEPTION OF THE PENITENT

The penitent enters the confessional. After the welcoming of the priest, the penitent makes the sign of the cross saying:

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

The penitent is invited to have trust in God and replies:

Amen.

2. READING OF THE WORD OF GOD

The penitent then listens to a text of Scripture which tells about God's mercy and calls men to conversion.

3. CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

The penitent speaks to the priest in a normal conversational fashion. The penitent tells when he/she last celebrated the sacrament and then confesses his/her sins. The penitent then listens to any advice the priest may give and accepts the satisfaction from the priest. The penitent should ask any appropriate questions.

4. PRAYER OF THE PENITENT

Before the absolution is given, the penitent expresses sorrow for sins in these or similar words:

**My God,
I am heartily sorry for having offended You, and I detest all of my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all of my love. I firmly resolve, with the help of Your grace, to confess all my sins, to do penance, and to amend my life. Amen.**

Or:

Lord Jesus, Son of God, have mercy on me, a sinner.

5. ABSOLUTION

The priest offers 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.

R. Amen.

6. PROCLAMATION OF PRAISE OF GOD AND DISMISSAL

Penitent and priest give praise to God:

Priest: Give thanks to the Lord, for he is good.

Penitent: **His mercy endures forever.**

Then the penitent is dismissed by the priest.

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