

The Rite for Confession

(Having prayed the Act of Contrition as a group beforehand.)

Priest: In the name of the Father, and of the Son, and of the Holy Spirit.

You: **Amen.**

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

You: **Bless me, Father, for I have sinned. My last confession was _____ ago, and these are my sins:**

. . .

And I am sorry for these and all the sins of my life.

Priest: (He gives you advice and a penance and then forgives you.)
...and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

You: **Amen.**

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

You: **His mercy endures for ever.**

Priest: The Lord has freed you from your sins. Go in peace to love and serve the Lord.

You: **Thanks be to God.**

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You: **Thanks be to God.**

The Act of Contrition

O my God,
I am heartily sorry for having offended You.
I detest all my sins
because of Your just punishments,
but most of all because they offend You,
my God,
Who are all-good
and deserving of all my love.
I firmly resolve,
with the help of Your grace,
to confess my sins, to do penance,
and to amend my life. Amen.

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