

The rite of reconciliation

Confession may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

- ① The priest gives you a blessing or greeting.
- ② Make the sign of the cross and say, “*Bless me, Father, for I have sinned. My last confession was [give the number of weeks, months or years] ago.*”
- ③ Confess all of your sins to the priest.
(If you are unsure or uneasy, tell him and ask for help.)
- ④ Say, “*I am sorry for these and all of my sins.*”
- ⑤ The priest assigns a penance and offers advice to help you be a better Catholic.
- ⑥ Say an act of contrition, expressing your sorrow for your sins (see sample below).
- ⑦ The priest, acting in the person of Christ, then absolves you from your sins.

THE *light* IS ON FOR *you*
Experience God's mercy

