

# A TYPICAL “FORMAT” FOR CELEBRATING THE SACRAMENT OF RECONCILIATION

*Examination of Conscience by the Penitent.*

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

*Penitent:* “Bless me, Father, for I have sinned. This is my first confession (It has been \_\_\_\_\_ since my last confession.). These are my sins:\_\_\_\_\_

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*Priest:* *At this point the Priest will offer counsel or encouragement of a spiritual nature.*

*Next the Priest will assign some act of penance and invite the penitent to say an “Act of Contrition.”*

*Penitent:* (Act of Contrition)

O 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.

*Priest:* (Words of Absolution)

God, the Father of Mercies, .... and I absolve you, in the Name of the  
Father.....  
Go in peace.

*Penitent:* “Thank you, Father.”