

Saint Elizabeth Roman Catholic Church
Upper Uwchlan Township, PA

CELEBRATING THE SACRAMENT OF PENANCE/RECONCILIATION

- 1) When you enter the reconciliation room or confessional, either kneel down on the kneeler or sit down on the chair next to the priest. The priest will usually welcome you with a simple greeting; return his greeting by saying something like: “Hello, Father” or “Good morning, Father.”
- 2) Next, make the sign of the cross and say aloud:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
Bless me, Father, for I have sinned; it has been (*say how many weeks/ months/ years*) **since my last confession.**
- 3) **Listen** as the priest says a short prayer asking God to help you with your confession.
- 4) Now tell the priest all the sins you are aware of and sorry for; when you are finished telling your sins, say: **I am sorry for these and all my sins.**
- 5) **Listen** again as the priest speaks with you and gives you a **penance**. Remember the penance you receive, so that you can complete the penance after you leave confession.
- 6) Now say an **Act of Contrition**, expressing sorrow for your sins; one form of contrition is:
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.
- 7) The priest will extend his hands over you and say the **prayer of 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.”
[make the sign of the cross and answer: **Amen.**]
- 8) The priest will then say: *Give thanks to the Lord for he is good.*
And you answer: **His mercy endures forever.**
Then the priest will say: *The Lord has freed you from your sins. Go in peace.*
And you say: **Thank you, Father.**
- 9) After you leave the confessional or reconciliation room, spend a few minutes in a prayer of thanksgiving to God. Remember to complete your penance as soon as possible after your confession.