

SACRAMENT OF RECONCILIATION

Great the priest when he welcomes you.

Make the Sign of the Cross.

Listen while the priest asks God to help you make a good confession.

Say "Amen" at the end of the priest's prayer.

Listen if the priest reads God's Word from the Bible.

Make your confession:

You may begin by telling him how long it was since your last confession. Then tell the priest about the things you needed to do but didn't; and the things you did that hurt God, other people or yourself.

Listen to the Ue the priest gives you.

Pray an Act of Contrition.

Listen to the priest as he prays the words of absolution.

Say "Amen" at the end of the priest's prayer.

Leave the priest. Do the penance as soon as you can.

ACT OF CONTRITION

My God,

I am sorry for my sins with all my heart.

In choosing to do wrong

and in 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.

