

Celebrating the Sacrament of Reconciliation (Road Map)

RECEPTION OF THE PENITENT

Make sure the door is closed.

It's usual to kneel for confession, but please sit if you find kneeling difficult

Begin by making the Sign of the Cross with the priest

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

Priest: *May the grace of the Holy Spirit fill your heart with light. May He help you to make a sincere confession of your sins and lead you to repentance.*

You: **Amen.**

LITURGY OF THE WORD

The priest will now read a short passage from the Sacred Scriptures. Try to listen carefully and allow the Word of God to speak to your heart.

The priest will end with: *Thanks be to God.*

LITURGY OF RECONCILIATION

You: **Forgive me, Father, for I have sinned. It is ... weeks since my last confession and these are my sins.**

You now confess your sins to the priest.

When you have confessed your sins the priest may give some spiritual guidance.

The priest then gives a penance.

Indicate that you are prepared to undertake this penance by a simple **Yes, Father.**

The priest then asks you to express your sorrow by making an Act of Contrition.

You could choose one of the following:

**O my God, because you are so good,
I am sorry that I have sinned against you,
and with the help of your grace I will not sin again.**

OR

**O my God, I am heartily sorry for all my sins,
because they offend you, who are infinitely good,
and I firmly resolve, with the help of your grace,
never to offend you again.**

The priest raises his right hand and utters the words of Absolution.

You respond: Amen.

CONCLUSION

Priest: *Go in the peace of Christ.*

You: **Thanks be to God.**

Leave the door open when you leave.