

## THE SACRAMENT OF PENANCE

*The penitent begins confession:*

**I**N the name of the ✠ Father, and of the Son, and of the Holy Spirit.  
**A**men.

**Bless me, for I have sinned.**

May the Lord be in your heart and on your lips, that you may duly confess your sins, in the name of the ✠ Father and of the Son and of the Holy Spirit. Amen.

**A**LMIGHTY God, I confess that I have sinned against You, in **A**thought, in word and in deed: Especially for the sins I have committed: *The penitent here confesses their sins in detail, and is counselled and admonished by the priest. When the penitent has concluded they continue: I ask for pardon. I plead for mercy. I seek forgiveness.* Through the prayers of blessed Mary, all the Angels and Saints, grant my soul peace. *Whilst the priest is giving absolution (in the box), the penitent should recite the act of contrition:*

**O** my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who is all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

May almighty God grant you pardon, absolution and remission of your sins. Amen.

May our Lord Jesus Christ absolve you; and I, by His authority, absolve you from every bond of excommunication, (suspension *for clergy*) and interdict, insofar as I am able and as you require. Finally I absolve you from your sins, in the name of the ✠ Father, and of the Son, and of the Holy Spirit. Amen.

May the Passion of our Lord Jesus Christ, the merits of the Blessed Virgin Mary and of all the saints, whatever good you may do and whatever evil you have to endure, avail you for the remission of sins, increase of grace, and the reward of everlasting Life. Amen.

Go in peace and of your goodness pray for me.