

**FORM FOR THE  
SACRAMENT OF RECONCILIATION (CONFESSION)**

1. The Priest will greet you.
2. Make the sign of the Cross  
\*\*\***Bless me Father for I have sinned. It has been \_\_\_\_\_ since my last Confession.**
3. Tell your sins to the Priest.
4. When you are finished telling your sins to the Priest say:  
\*\*\***I am sorry for these and all my sins.**"
5. The Priest will talk to you and give you penance.
6. The priest will ask you to say your Act of Contrition. Say the prayer.

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, who 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, may God have mercy.

7. The Priest will give you absolution.
8. The Priest will say: "Go in Peace."  
You answer: **"Amen."**  
You then say: **"Thank you, Father."**