

What to say during Reconciliation

1. Go into the reconciliation room and close the door
Kneel or Sit (on the chair by Father)
2. Make the Sign of the Cross (with Father)
In the name of the Father, and of the Son and of the Holy Spirit. then say
Bless me Father for I have sinned.
My last confession was _____ and
these are my sins...
3. **Tell** Father your sins, when you are done say **“For these and all my sins I am truly sorry.”**
You may write these on the back before confession.
4. **Listen** carefully as Father talks. Remember what he says you should do as penance.
5. **Pray** an 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 all because they offend You, my God, who are 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. Amen
6. **Listen** as Father absolves you from your sins.
(Make the **Sign of the Cross** with Father)
7. Say **“Thank you, Father.”**
8. Leave the door open after you leave and return to your pew
Kneel and do your penance

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