

Sacrament of Reconciliation Form

- You say: *Bless me Father, for I have sinned.*
- Father, I.....*
(begin on a positive note, by expressing something good about ourselves.)
- For these and all of the sins of my past life, I am sorry.*
- Priest says: For your penance.....
(for example: say one Our Father or help your parents today)
- You say: **Act of Contrition**
- O my God, I am sorry for my sins.*
In choosing to sin,
And failing to do good,
I have sinned against you
And your church.
I firmly intend,
With the help of your Son,
To make up for my sins
And to love as I should.
- Priest says: I absolve you of your sins, in the name of the Father and the Son, and of the Holy Spirit. God bless you.
- You say: *Thank you Father and God bless you.*

