

# RITE OF RECONCILIATION OF INDIVIDUAL PENITENTS

## RECEPTION OF THE PENITENT

When the penitent comes to confess his sins, the priest welcomes him warmly and greets him with kindness.

Then the penitent makes the sign of the cross which the priest may make also.

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

The priest invites the penitent to have trust in God, in these or similar words:

**May God, who has enlightened every heart,  
help you to know your sins  
and trust in his mercy.**

The penitent answers: **Amen.**

## CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

If necessary, the priest helps the penitent to make an integral confession and gives him suitable counsel. He urges him to be sorry for his faults, reminding him that through the sacrament of penance the Christian dies and rises with Christ and is thus rewarded in the paschal mystery. The priest proposes an act of penance which the penitent accepts to make satisfaction for sins and to amend his life.

The priest should make sure that he adapts his counsel to the penitent's circumstances.



# *An Examination of Conscience to Accompany the Rite*

## RECEPTION OF THE PENITENT

*When have I been welcoming to others in Church?*

*How have I not been welcoming to others in Church?*

*When have I been welcoming or not outside Church?*

*Do I work to know when I sin?*

## CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

*How do I react when someone sins against me?*

*How do show that I am sorry for what I've done wrong?  
Or do I avoid doing that?*

*How do I accept others as who they are, and not who I  
want them to be?*

*Why am I going to Confession?*

*Is there something in particular in my life that is  
troubling me that I need to ask for God's help or  
forgiveness?*

*What graces and strengths do I need from God to  
improve my life?*

## PRAYER OF THE PENITENT AND ABSOLUTION

*Do I mean it "with all my heart" when I say I am sorry?  
Or do I say it because I think I should?*

*Do I accept that my sins are not only when I do wrong,  
but also when I do not do good?*

*How have I failed to show God that I love Him 'above  
all things'?*

*How do I intend to 'avoid whatever leads me to sin'?*

*When do I struggle to ask for forgiveness?*

*Do I accept forgiveness when it is offered to me, or do I  
hold a grudge?*

*Do I appreciate that Jesus died to forgive me?*

*Do I accept the peace that comes with forgiveness, or  
do I question my worth?*

## PROCLAMATION OF PRAISE OF GOD AND DISMISSAL

*Do I give thanks to God in my life?*

*Do I recognize He is good?*

*Do I trust that God's 'mercy will endure for ever'?*

## PRAYER OF THE PENITENT AND ABSOLUTION

The priest then asks the penitent to express his sorrow, which the penitent may do in these or similar words:

**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  
whom 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, my God, have mercy.**

Or:

**Lord Jesus, Son of God  
have mercy on me, a sinner.**

Then the priest extends his hands over the penitent's head (or at least extends his right hand) and says:

**God, the Father of mercies,  
through the death and resurrection of his Son  
has reconciled the world to himself  
and sent the Holy Spirit among us  
for the forgiveness of sins;  
through the ministry of the Church  
may God give you pardon and peace,  
and I absolve you from your sins  
in the name of the Father, and of the Son, +  
and of the Holy Spirit.**

The penitent answers: **Amen.**

## PROCLAMATION OF PRAISE OF GOD AND DISMISSAL

After the absolution, the priest continues:

**Give thanks to the Lord, for he is good.  
The penitent concludes: His mercy endures for ever.**

Then the priest dismisses the penitent who has been reconciled, saying:

**The Lord has freed you from sin. Go in peace.**

Or:

**The Lord has freed you from sin.  
May he bring you safely to his kingdom in heaven.  
Glory to him forever.  
R. Amen.**