

# THE RECONCILIATION OF A PENITENT

## **Bless me, Father, for I have sinned**

The Lord be in your heart and on your lips  
that you may rightly and truly confess your sins,  
in the name of the Father, and of the Son + and of the Holy Spirit. **Amen**

## **I confess to almighty God**

**(to blessed Mary ever Virgin,  
to the holy Apostles Peter and Paul)  
and before the whole company of heaven,  
that I have sinned through my own fault,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do.  
Especially (*since my last confession*)  
I accuse myself of the following sins:**

*Here the penitent confesses their sins*

**For these and all the other sins that I cannot remember  
I am heartily sorry,  
firmly mean to do better,  
most humbly ask pardon of God  
and of you, father, penance (advise) and absolution. Amen.**

*(The priest may respond with a few words and pronounce absolution)*

Our Lord Jesus Christ, who has left power to his Church  
to absolve all who truly repent and believe in him,  
of his great mercy forgive you your offences;  
and by his authority committed to me,  
I absolve you from all your sins,  
in the name of the Father, and of the Son + and of the Holy Spirit. **Amen.**  
The Passion of our Lord Jesus Christ,  
the prayers of the blessed Virgin Mary and of all the saints,  
whatsoever good you have done or evil you endure,  
be to you for the remission of sins, the increase of grace,  
and the reward of eternal life:  
And the blessing of God almighty, Father, Son + and Holy Spirit,  
be with you now and always. **Amen.**

Go in peace; the Lord has put away your sins, and pray for me, a sinner too.