

Confession

Reconciliation of a Penitent

Scripture makes it clear that whenever a sinner turns to God in penitence, forgiveness follows. In addition, to reassure the consciences of those who continue to remain troubled, and to provide a discipline which many find beneficial, the Church offers this ministry of reconciliation.

In it the priest, on behalf of the Christian community, listens to the penitent's confession of sins and declares God's forgiveness.

The penitent is thus enabled to express the source of guilt, and the priest then offers counsel and the assurance of reconciliation.

The priest exercises this ministry in complete confidentiality. The penitent is therefore able to confess in the assurance that the priest will not refer to the matter again, except at the penitent's request, and under no circumstances will ever repeat to any other person what has been divulged.

Before Confession

*Before confession, you can reflect on what you have done or not done, why you act this way, and how you can grow in your relationship with /God, with others, and with creation. In what way can you grow in love of God, of other people, of nature and God's creation, and be more loving towards yourself? Before you go to confession make sure you take some time to prepare. This means making an **Examination of Conscience**. If it helps you to remember, don't hesitate to write things down.*

Some tips:

Be brief, concise, and frank. No need to "beat around the bush."

Just tell the priest what you have done, no need to qualify it.

Don't be too general

If you're not sure of something, just ask the priest.

Reconciliation of a Penitent Rite

In the name of God, Father, Son and Holy Spirit, Amen.
God be in my heart and on your lips that you may truly and humbly
confess your sins.

Merciful God,

I confess that I have sinned against you and against others.

**I have sinned through my own fault by thought, word and deed
in things done and left undone.**

Especially I confess that I have.....*

I repent;

**for these and all my sins I am truly sorry,
and pray for forgiveness.**

I firmly intend to make amends and seek for help.

I ask for strength to serve you in newness of life.

All things have been reconciled to God the creator
through the life, death and resurrection
of God's only Son Jesus Christ,
and the Holy Spirit has been sent among us
for the forgiveness of sins.

By the authority of Christ given to the Church

I absolve you from your sins

in the name of God, Father, Son and Holy Spirit.

May God give you peace.

Amen.

Go in peace.

Pray for me a sinner.