

# **The Individual Rite for Reconciliation**

## **PREPARATION**

Before you celebrate the Sacrament of Reconciliation, prepare yourself with an Examination of Conscience. Reflect on how your life compares to the Ten Commandments, the Beatitudes, and the example of Jesus. Christ. Pray and ask the Holy Spirit to help you know how you have failed to live as a child of God and follower of Jesus.

## **GREETING**

When you enter the reconciliation room, close the door behind you. You may either kneel behind the screen or go around the screen to sit in the chair. The priest welcomes you and leads you in praying the Sign of the Cross. He may then say a short prayer inviting you to trust God.

## **READING OF THE WORD OF GOD**

The priest may share some words or a story from the Bible, or you may read a story from the Bible. When you listen to stories from the Bible, you are listening to God's own word.

## **CONFESSION OF SINS AND THE ACCEPTANCE OF PENANCE**

Confess your sins to the priest. After you confess your sins, the priest offers you advice and invites you to make an act of penance, which may include prayer, self-denial, or works of mercy.

## **PRAYER OF THE PENITENT**

Pray a prayer of sorrow or Act of Contrition. The Church has many different prayers of sorrow. You can also make up your own Act of Contrition. A common Act of Contrition is the following prayer:

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.

## **ABSOLUTION**

God forgives your sins through the words and actions of the priest in the Sacrament of Reconciliation. The priest extends his hands over your head and prays a prayer of absolution, making the Sign of the Cross over your head during the final words. You answer, "Amen," showing that you believe that God has forgiven your sins.

## **PROCLAMATION OF PRAISE**

With the priest or by yourself, you can give praise to God with a short prayer, such as "Give thanks to the Lord, for he is good. His mercy endures forever."

## **DISMISSAL**

The priest will then tell you to go forth in peace. You say or do the act of penance that the priest invited you to do as soon as you are able after celebrating the Sacrament of Reconciliation.