

Reconciliation Outline

Before meeting with the priest, pray the

Act of Contrition

“God our Father, forgive me for my sins. I am sorry for them with all my heart. Help me be faithful to your Spirit so that I can grow in love.
Amen

You meet with the priest

1. The priest welcomes you with joy.
Return the priest’s greeting and make the Sign of the Cross together.
2. You say, **“Bless me Father for I have sinned, my last confession was (*the date of your last confession, or how long ago was your last confession*).”**
Then you confess your sins to the priest.
3. The priest will talk to you; he will encourage, and help you to live better. Next the priest will give you something to do; this is called your penance.
4. The priest gives you God’s forgiveness. Then the priest says the words of absolution. **You make the Sign of the Cross. At the end you answer, Amen**
5. Finally the priest wishes you peace. **You thank him and leave.**
6. You go back into the church and say a prayer.