

but take away all my guilt.  
Create in me a clean heart  
and renew within me an upright spirit.

OR

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



### ABSOLUTION

*If the penitent is not kneeling, he or she bows his or her head. The priest extends his hands (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

*Penitent and priest give praise to God:*

Priest: Give thanks to the Lord,  
for he is good.

Penitent: **His mercy endures for ever.**

*Then the penitent is dismissed by the priest.*

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# THE RITE OF PENANCE

*The Rite for  
Reconciliation  
of Individual Penitents*

### Texts for the Penitent

*The penitent should prepare for the celebration of the sacrament by prayer, reading of Scripture, and silent reflection. The penitent should think over and should regret all sins since the last celebration of the sacrament.*



### RECEPTION OF THE PENITENT

*The penitent enters the confessional or other place set aside for the celebration of the sacrament of penance. After the welcoming of the priest, the penitent makes the sign of the cross saying:*

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

*The penitent is invited to have trust in God and answers:*

Amen.

### READING OF THE WORD OF GOD

*The penitent then reads or listens to a text of Scripture which tells about God's mercy and calls people to conversion.*

## CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION



*The penitent speaks to the priest in a normal, conversational fashion. The penitent tells when he or she last celebrated the sacrament and then confesses his or her sins. The penitent then listens to any advice the priest may give and accepts the satisfaction from the priest. The penitent should ask any appropriate questions.*

## PRAYER OF THE PENITENT AND ABSOLUTION

*Before the absolution is given, the penitent expresses sorrow for sins 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

Remember, Lord, your compassion  
and mercy  
which you showed long ago.

Do not recall the sins and failings  
of my youth.

In your mercy remember me, Lord,  
because of your goodness.

OR

Wash me from my guilt  
and cleanse me of my sin.  
I acknowledge my offense;  
my sin is before me always.

OR

Father, I have sinned against you  
and am not worthy to be called your son.  
Be merciful to me, a sinner.

OR

Father of mercy,  
like the prodigal son  
I have returned to you and say:  
“I have sinned against you  
and am no longer worthy to be called  
your son.”  
Christ Jesus, Savior of the world,  
I pray with the repentant thief  
to whom you promised Paradise:  
“Lord, remember me in your kingdom.”  
Holy Spirit, fountain of love,  
I call on you with trust:  
“Purify my heart,  
and help me to walk as a child of light.”

OR

Lord Jesus,  
you opened the eyes of the blind,  
healed the sick,

forgave the sinful woman,  
and after Peter’s denial confirmed him  
in your love.

Listen to my prayer:  
forgive all my sins,  
renew your love in my heart,  
help me to live in perfect unity with  
my fellow Christians  
that I may proclaim your saving power  
to all the world.

OR

Lord Jesus,  
you chose to be called the friend  
of sinners.

By your saving death and resurrection  
free me from my sins.  
May your peace take root in my heart  
and bring forth a harvest  
of love, holiness and truth.

OR

Lord Jesus Christ,  
you are the Lamb of God;  
you take away the sins of the world.  
Through the grace of the Holy Spirit  
restore me to friendship  
with your Father,  
cleanse me from every stain of sin  
in the blood you shed for me,  
and raise me to new life  
for the glory of your name.

OR

Lord God,  
in your goodness have mercy on me:  
do not look upon my sins,