

Sacrament of Reconciliation

Bless me Father for I have sinned. It has been _____ since my last confession.

These are my sins:

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For these and all my sins, I am truly sorry.

(Listen to priest)

Act of Contrition:

O my God, I am sorry with all my heart for doing wrong. I love you and do not want to sin again. You are all good and deserving of all my love. I will try with your help to sin no more. Amen.

(Wait for the Priest to grant you absolution) **Amen.**

Make the sign of the cross, and say **“Thank you, Father”**. Go and do your penance.