

## THE CHURCH OF ST PAUL

Priest: In the name of the Father, and of the Son, and of the Holy Spirit. (Penitent makes the sign of the cross)

Penitent: **Amen**

Penitent: **Bless me Father for I have sinned. It has been (how long) since my last confession.**

Penitent now confesses their sins to the Priest. The Priest may ask a question for clarification. After Penitent finishes making their confession they finish with the phrase. **I am sorry for these and any other sins I may have committed.**

Priest then gives the Penitent some type of penance and asks the penitent to say the Act of Contrition:

Penitent: **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 intent, 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.**

Priest then absolves the Penitent of their sins saying:

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,

Penitent: Amen: