



**ROSEBANK  
CATHOLIC  
CHURCH**

CHURCH OF THE  
IMMACULATE CONCEPTION



## The Sacrament of Reconciliation

“I will get up and go to my father and say, Father, I have sinned against God and against you. I am no longer fit to be called your son...”

The prodigal son – Luke 15:18-19

**Before confessing our sins:  
we examine ourselves to  
see how we have sinned**

**How to receive the  
Sacrament of  
Reconciliation (confession)**



## going to confession

*When you have examined yourself before the Lord, go to the priest saying:*

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

**Bless me father, for I have sinned’.**

*Wait for the priest to bless you....*

**‘It is (state period of time) since my last confession.**

**These are my sins .....**

**For those and all the sins of my past life I am truly sorry.’**

*Listen then to the advice of the priest and accept the penance he will give you ..... then you can say to God how sorry you are: ‘act of contrition’ in your own words or the following:*

## Act of Contrition:

**My God, I am sorry that I have sinned against you because you are so good and with your help I will try not to sin again. Amen**



*(Longer version)*

**O my God, I am sorry and beg pardon for all my sins. I detest them above all things because they have crucified my loving Saviour Jesus Christ and most of all – your infinite goodness. I firmly resolve, with the help of your grace, never to offend you again and carefully to avoid the occasions of sin. Amen.**