



# Rite of Reconciliation



Reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

+ The priest gives you a blessing or greeting. He may share a brief Scripture passage.



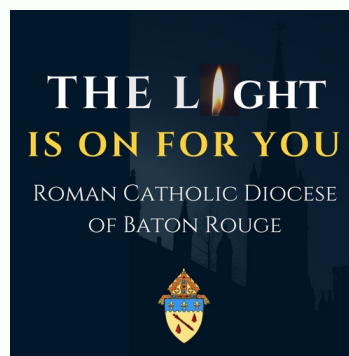
+ Make the Sign of the Cross and say, "Bless me, father, for I have sinned. My last confession was [give the number of weeks, months, or years]."

+ Confess all of your sins to the priest. The priest will help you to make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, a merciful Father who wants to forgive you.



+ The priest assigns you a penance and offers advice to help you be a better Catholic.

+ Say an Act of Contrition, expressing your sorrow for your sins. The priest, acting in the person of Christ, then absolves you from your sins.



For further insight and resources go to  
<https://evangcatbr.org>  
(225)336-8760

*For those who receive the sacrament of Penance with contrite heart and religious disposition, reconciliation "is usually followed by peace and serenity of conscience with strong spiritual consolation." Indeed the sacrament of Reconciliation with God brings about a true "spiritual resurrection," restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God. [Catechism #1468]*