

PROCLAMATION OF PRAISE OF GOD AND DISMISSAL

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

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

More options can be found in the Rite of Penance beginning at #47 and at #93.

Priest: The Lord has freed you from your sin.
May he bring you safely to his kingdom in heaven.
Glory to him forever.

Penitent: **Amen.**



Texts for the "Rite for Reconciliation of Individual Penitents" is taken from the *Rite of Penance*,
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EXAMINATION OF CONSCIENCE

LET US CONSIDER THE WAYS WE HAVE REVERENCED GOD.

- + Have I loved you, with all my heart and soul?
- + Have I inquired about your holy will in my regard?
- + Have I tried to keep your commandments?
- + Have I been unfaithful to personal prayer each day?
- + Have I been unfaithful to Sunday Mass?
- + Have I received Eucharist frequently, with faith and devotion?
- + Have I honored your blessed name in all I say and do?
- + Have I refrained from swearing, blasphemy, indecent language?
- + Have I taken your name in vain?
- + Have I trusted in you, at all times?

LET US REFLECT ON THE WAYS WE HAVE PROCLAIMED GOD'S KINGDOM.

- + Have I shown kindness, respect, and understanding toward my neighbor?
- + Have I stolen or damaged goods belonging to another?
- + Have I made false claims, for things I had no right to get?
- + Have I been reckless about the life and safety of other people?
- + Have I harbored hatred for others?
- + Have I threatened the livelihood of others, by unfair practices?
- + Have I taken the character of others, by detraction or plain slander?
- + Have I neglected to help the poor and needy?
- + Have I exploited sexuality, my own or others'?

LET US REFLECT ON THE WAYS WE HAVE BEEN A CHRISTIAN WITNESS TO FRIENDS, FAMILY, AND THE UNIVERSITY COMMUNITY.

- + Have I treated by family, friends, and community with proper respect and love?
- + Have I spent meaningful time with friends and family?
- + Have I avoided fornication, adultery, reckless behavior, immoral websites and publications?
- + Have I shared my gifts and resources honestly and openly with my community?
- + Have I been a loving brother or sister, friend, son or daughter?
- + Have I been a faithful witness to God's mercy and love?
- + Have I been an example of gospel values to my friends and family?
- + Have I been grateful for those in my life who show me love and support?
- + Have I allowed the Holy Spirit to lead me to conversion of heart and mind or am I a slave to sin?

RECEPTION OF THE PENITENT

The priest and the penitent make the sign of the cross.

The priest continues in these or similar words:

Priest: May God . . . and trust in his mercy.

Penitent: Amen.

Penitents who are unknown to the priest are advised to inform him of their state in life, the time of their last confession, their difficulties in leading the Christian life, and anything else that may help the confessor (Rite of Penance, 16).

READING OF THE WORD OF GOD

This is optional and omitted when celebrated in a communal service.

CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

The penitent says a general formula for confession.

This is omitted when recited during a communal celebration.

In these or similar words, the penitent continues:

Penitent: I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done
and in what I have failed to do,

And, striking their breast, they say
through my fault, through my fault,
through my most grievous fault;

therefore, I ask blessed Mary
ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

As necessary, the priest helps the penitent to make an integral confession and gives the penitent suitable counsel. The priest then proposes a suitable act of penance, which the penitent accepts to make satisfaction for sin and to amend his or her life.

Suitable penance may include, service, works of mercy, prayer, fasting, and/or almsgiving.

PRAYER OF THE PENITENT AND ABSOLUTION

In these or similar words, the penitent expresses his or her sorrow. More options can be found in the Rite of Penance #85-92.

A 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 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

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

or

C Penitent: 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

D Penitent: Lord God,
in your goodness have mercy on me:
do not look on my sins,
but take away all my guilt.
Create in me a clean heart
and renew within me an upright spirit.

Then the priest extends his hands over the penitent's head and recites the prayer of absolution. The penitent responds: Amen.