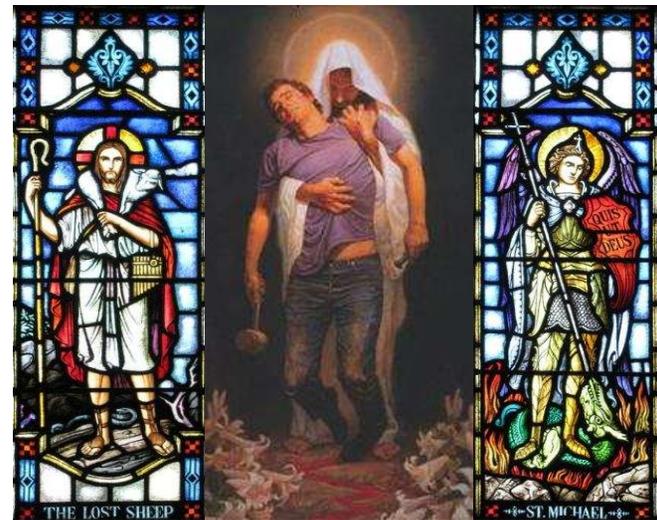


## Act of Contrition

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.

## Mr. Rossano's Quick Reconciliation Guide.



## Process of Reconciliation

- 1) We must be truly sorry for our sins.
- 2) We ask for forgiveness by confessing our sins to a priest.
- 3) We accept and agree to do penance (Prayers or Good Deeds).
- 4) We make a firm decision not to do the same sin again.
- 5) The priest prays the prayer of absolution<sup>1</sup>. Make the sign of the cross as he says the end of the prayer.

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### <sup>1</sup> Prayer of Absolution

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.

## This is what you say to start Reconciliation

Bless me Father, for I have sinned. It has been \_\_\_\_\_ years/months since my last confession. My sins are...

[

*Say what you did, and if you remember the frequency you did them (i.e. I stole bubble gum from my sister 5 different times).*

]

You can keep it simple – Say the ways you haven't followed the two greatest commandments: to love God, neighbor and yourself.

I usually ask for forgiveness of sins that I may not remember at this time.

Make the sign of the cross as the priest says the prayer of absolution.