

The Sacrament of Penance

*The penitent, on kneeling before the Priest, at once says: **Bless me, Father, for I have sinned;** and the Priest forthwith gives the blessing:*

The Lord be in thy heart and upon thy lips, that thou mayest meetly and rightly confess thy sins, in the Name of the ☩ Father, and of the Son, and of the Holy Ghost. **Amen.**

The penitent then enumerates his sins, and, if desired, the Priest will give him counsel and advice, and before pronouncing absolution he may impose a penance. When the Priest wishes to absolve a penitent, after a penance enjoined and accepted, he shall say:

Almighty God have mercy upon thee, forgive thee thy sins, and bring thee to everlasting life. **Amen.**

Then raising his right hand toward the penitent, he says: The almighty and merciful Lord grant unto thee pardon, absolution, and remission of thy sins. **Amen.** Our Lord Jesus Christ absolve thee; and I by his authority absolve thee from every bond of excommunication and interdict, so far as I have power, and thou hast need. Furthermore I absolve thee from thy sins, in the Name of the ☩ Father, and of the Son, and of the Holy Ghost. **Amen.** Our Lord Jesus Christ, who hath left power to his Church to absolve all sinners who truly repent and believe in him, of his great mercy forgive thee thine offences; And by his authority committed to me, I absolve thee from all thy sins; in the Name of the ☩ Father, and of the Son and of the Holy Ghost. **Amen.**

Or the following form may be used:

*The Penitent begins: **Bless me, Father, for I have sinned.***

*The Priest responds: The Lord be in thy heart and upon thy lips, that so thou mayest worthily confess all thy sins; In the Name of the Father, and of the ☩ Son, and of the Holy Ghost. **Amen.***

The Penitent then makes his Confession, using the following or a similar formula: I confess to Almighty God, to all the Saints, and to thee, Father, that I have sinned very much, in thought, word, deed, and omission, by my own great fault. Since my last confession which was _____, I have committed these sins:

He confesses his sins and continues: For these and all other sins which I cannot now remember, I am very sorry. I will try to do better, and I humbly ask pardon of God; and of you Father, I ask for penance, advice and absolution. Amen.

After the Confession is ended, the Priest may address a few words of counsel to the penitent, and may assign a suitable penance. When the Priest wishes to absolve a penitent, after a penance enjoined and accepted, he shall say:

Almighty God have mercy upon thee, forgive thee thy sins, and bring thee to everlasting life. **Amen.** The Almighty and merciful Lord grant thee pardon, ✠ absolution, and remission of thy sins. **Amen.** Our Lord Jesus Christ, who hath left power to his Church to absolve all sinners who truly repent and believe in him, of his great mercy forgive thee thine offenses: And by his authority committed unto me, absolve thee from all thy sins, In the Name of the Father, and of the ✠ Son, and of the Holy Ghost. **Amen.** May the Passion of our Lord Jesus Christ, the prayers of his holy Mother the Blessed Virgin Mary, and of all the Saints, together with whatsoever good thou hast done, or evil thou hast endured, be unto thee for the forgiveness of sins, the increase of grace, and the reward of eternal life: And the blessing of God Almighty, the Father, the ✠ Son, and the Holy Ghost, be upon thee and remain with thee always. **Amen.** Go in peace, the Lord hath put away all thy sins. And pray for me, a sinner.

When grave necessity presses in danger of death, in place of all the above, the Priest may say briefly:

I absolve thee from all censures and sins, in the Name of the ✠ Father, and of the Son, and of the Holy Ghost. **Amen.**