

# THE RECONCILIATION OF A PENITENT

## Common Worship Rite – Form One

### CONFESSION AND COUNSEL

*The priest says,*

In the name of the Father, and of the Son, and of the Holy Spirit.

**Amen.**

*The priest says*

The Lord be in your heart and on your lips that you may truly and humbly confess your sins.

#### **Confession**

*The penitent makes confession of sins in his or her own words, beginning*

**Almighty God, Father, Son and Holy Spirit:**

**I confess to you,**

**I confess with my whole heart**

**my neglect and forgetfulness of your commandments,**

**my wrong doing, thinking, and speaking;**

**the hurts I have done to others,**

**and the good I have left undone.**

**In particular I confess [since my last confession in ... /**

**in this my first confession] ...**

**O God, for these, and all other sins that I cannot now remember,**

**I ask your forgiveness.**

**Forgive me, for I have sinned against you;**

**and raise me to newness of life;**

**through Jesus Christ our Lord.**

**Amen.**

*The priest may give appropriate counsel or guidance and whatever help is necessary to enable the penitent to complete his or her confession.*

*The priest encourages the penitent to make restitution, and may recommend some prayer or action as a sign of repentance.*

*The priest may, where appropriate, offer the ministry of prayer.*

### RECONCILIATION

#### **Act of Contrition**

*The penitent makes an act of contrition*

**My God, for love of you**

**I desire to hate and forsake all sins**

**by which I have ever displeased you;**

**and I resolve by the help of your grace**

**to commit them no more;**

**and to avoid all opportunities of sin.**

**Help me to do this,**

**through Jesus Christ our Lord.**

**Amen.**

## **Absolution**

*The priest lays hands on, or extends hands over, the penitent. The priest may make the sign of the cross over the penitent or on the penitent's forehead.*

*The priest pronounces an authorized Absolution.*

Our Lord Jesus Christ,  
who has left power to his Church to absolve all sinners  
who truly repent and believe in him,  
of his great mercy forgive you your offences:  
and by his authority committed to me,  
I absolve you from all your sins,  
in the name of the Father,  
and of the Son, and of the Holy Spirit.

**Amen.**

## **THANKSGIVING**

*The priest says,*

Merciful Lord,  
we thank you that you have delivered this your servant  
from the power of sin  
and restored *him/her* to your peace  
in the fellowship of your Church;  
strengthen *him/her* by your Spirit,  
that *he/she* may please you  
until *he/she* comes to the fullness of your eternal kingdom;  
through Jesus Christ our Lord.

**Amen.**

## **THE DISMISSAL**

May Christ,  
who out of defeat brings new hope and a new future,  
fill you with his new life;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**Amen.**

The Lord has put away your sins.

**Thanks be to God.**

Go in peace, and pray for me, a sinner.

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