

# FORM FOR CONFESSION

*¶ Confessions occur while kneeling at the Altar Railing.*

Bless me, Father, for I have sinned.

*¶ When the Priest has given you his blessing, say, without further delay:*

I confess to God Almighty, to all the Saints, and to you, Father, that I have sinned exceedingly in thought, word, and deed, by my fault, by my own fault, by my own most grievous fault. Especially, I accuse myself of the following sins since my last confession which was ..... ago.

*¶ Then, without exaggerating or extenuating the offenses of which you may be conscious, tell them, as if to God himself, with a humble, sorrowful and contrite heart. When you have finished telling your sins, say:*

For these and all my other sins which I cannot now remember, I am heartily sorry, I firmly purpose amendment, and ask pardon of God, and of you, Father, penance, counsel and absolution. Wherefore, I beg Blessed Mary, all the Saints, and you, Father, to pray for me to the Lord our God. Amen.

*¶ Listen attentively to anything the Priest may choose to say; humbly accept the penance he imposes and when he raises his hand in absolution, make the sign of the cross.*

*¶ Return to your place and make your thanksgiving for your absolution.*

## SATISFACTION, AMENDMENT OF LIFE

I thank thee, my God, for giving me the forgiveness of my sins, through the Precious Blood of Jesus Christ my Saviour. Bless the Lord, O my soul, and all that is within me, bless his holy Name.

O most merciful God, who in forgiving our sins, rememberest them no more against us forever, accept my unworthy thanks for thy great goodness in blotting out my transgressions. Let the grace of this absolution strengthen and sustain me, and may the pitifulness of thy great mercy defend me evermore from all assaults of the enemy. Amen.

*¶ Then perform the penance the Priest assigned to you as follows:*

O Lord God, I desire to offer thee the penance which thou hast given me by the word of thy minister. It is as nothing compared to the sins which I have committed: nevertheless, I unite it to the sufferings of my Lord and Saviour Jesus Christ and offer it as an act of adoration of thy divine majesty, of sorrow for my sins (especially .....), and of supplication for the virtues of .....

*¶ then say your penance.*

O my God, I resolve to show my thanks to thee for receiving me as thy forgiven child, by fighting against sin in the future. I resolve by thy grace to avoid what is wrong, to believe what is true, to do what is right, and to continue thy faithful soldier and servant unto my life's end.

May the holy Mother of God, my Guardian Angel, and my holy Patron, join with me in giving thanks unto the Lord for his great goodness, and loving-kindness, in pardoning mine iniquity. And may the eternal Father, of his boundless mercy and by the life and death of his dear Son, enable me to persevere unto the end, and + die in his favour. Amen.