



Listen carefully to the priest's advice and the penance he will assign you.

The priest will ask you to say an Act of Contrition.

Say:

***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.***

The priest will say: *"I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."*

Make the Sign of the Cross and respond, **"Amen."**

Priest will dismiss you by saying, "Go in peace."

You can respond by saying: ***"Thanks be to God" or "Thank you, father."***

Come out, find a place in the church, and **do your penance.**

