

FORMAT FOR THE CELEBRATION OF RECONCILIATION

a) Begin with the **Sign of the Cross** and say:

“Bless me, Father, for I have sinned. It has been _____ months or _____ years since my last confession and these are my sins.”

b) After confessing his or her sins, the child concludes by saying:

“For these and all my sins, I am truly sorry.”

c) The priest then speaks briefly with the child about God’s everlasting love and then assigns the child a penance.

d) The child asks God’s forgiveness by praying the **Act of Contrition**:

“God, I am sorry for all my sins. I will sincerely try to do better. Please help me to walk by your light.”

e) The priest absolves the child’s sins, and the child makes the **Sign of the Cross** and says **“Amen”** as the priest blesses the child. **“Thank you, Father.”**