

RITE FOR RECONCILIATION OF INDIVIDUAL PENITENTS

CONFESSOR'S BOOKLET

Reception of the Penitent

1. When the penitent comes to confess his sins, the priest welcomes him warmly and greets him with kindness.
2. Then the penitent makes the sign of the cross which the priest may make also.

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

The priest invites the penitent to have trust in God, in these or similar words:

**May God, who has enlightened every
heart,
help you to know your sins
and trust in his mercy.**

The penitent answers:

Amen.

Or:

**The Lord does not wish the sinner to die
but to turn back to him and live.**

Come before him with trust in his mercy.

(Ezekiel 33:11)

Or:

May the Lord Jesus welcome you.

He came to call sinners, not the just.

Have confidence in him.

(Luke 5:32)

Or:

May the grace of the Holy Spirit

fill your heart with light,

that you may confess your sins with

loving trust

and come to know that God is merciful.

Or:

May the Lord be in your heart

and help you to confess your sins with

true sorrow.

Or:

If you have sinned, do not lose heart.

We have Jesus Christ to plead for us

with the Father:

he is the holy One,
the atonement for our sins
and for the sins of the whole world.

(1 John 2:1-2)

Reading of the Word of God (Optional)

3. Then the priest may read or say from memory a text of Scripture which proclaims God's mercy and calls man to conversion.

**Let us look on Jesus
who suffered to save us
and rose again for our justification.**

Isaiah 53:4-6

**It was our infirmities that he bore,
our sufferings that he endured,
While we thought of him as stricken,
as one smitten by God and afflicted.
But he was pierced for our offenses,
crushed for our sins,
Upon him was the chastisement that
makes us whole,
by his stripes we were healed.
We had all gone astray like sheep,
each following his own way;
But the Lord laid upon him
the guilt of us all.**

Ezekiel 11:19-20

Let us listen to the Lord as he speaks to us:

I will give them a new heart and put a new spirit within them; I will remove the stony heart from their bodies, and replace it with a natural heart, so that they will live according to my statutes, and observe and carry out my ordinances; thus they shall be my people and I will be their God.

Matthew 6:14-15

Let us listen to the Lord as he speaks to us:

If you forgive the faults of others, your heavenly Father will forgive you yours. If you do not forgive others, neither will your Father forgive you.

Mark 1:14-15

After John's arrest, Jesus appeared in Galilee proclaiming the good news of God: "This is the time of fulfillment. The reign of God is at hand! Reform your lives and believe in the gospel!"

Let us listen to the Lord as he speaks to us:

Do to others what you would have them do to you. If you love those who love you, what credit is that to you? Even sinners love those who love them. If you do good to those who do good to you, how can you claim any credit? Sinners do as much. If you lend to those from whom you expect repayment, what merit is there in it for you? Even sinners lend to sinners, expecting to be repaid in full.

Love your enemy and do good; lend without expecting repayment. Then will your recompense be great. You will rightly be called sons of the Most High, since he himself is good to the ungrateful and the wicked.

Be compassionate, as your Father is compassionate. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Pardon, and you shall be pardoned. Give, and it shall be given to you. Good measure pressed

down, shaken together, running over, will they pour into the fold of your garment. For the measure you measure with will be measured back to you.

Luke 15:1-7

The tax collectors and sinners were all gathering around to hear him, at which the Pharisees and the scribes murmured, "This man welcomes sinners and eats with them." Then he addressed this parable to them: "Who among you, if he has a hundred sheep and loses one of them, does not leave the ninety-nine in the wasteland and follow the lost one until he finds it? And when he finds it, he puts it on his shoulders in jubilation. Once arrived home, he invites friends and neighbors in and says to them, 'Rejoice with me because I have found my lost sheep.' I tell you, there will likewise be more joy in heaven over one repentant sinner than over ninety-nine righteous people who have no need to repent.

John 20:19-23

On the evening of that first day of the week, even though the disciples had locked the doors of the place where they were for fear of the Jews, Jesus came and stood before them. "Peace be with you," he said. When he had said this, he showed them his hands and his side. At the sight of the Lord the disciples rejoiced. "Peace be with you," he said again.

**As the Father has sent me,
so I send you."**

Then he breathed on them and said:

**"Receive the Holy Spirit.
If you forgive men's sins,
they are forgiven them;
if you hold them bound,
they are held bound."**

Romans 5:8-9

It is precisely in this that God proves his love for us: that while we were still sinners, Christ died for us. Now that we have been justified by his blood, it is all the more certain that we shall be saved by him from God's wrath.

Ephesians 5:1-2

Be imitators of God as his dear children. Follow the way of love, even as Christ loved you. He gave himself for us as an offering to God, a gift of pleasing fragrance.

Colossians 1:12-14

Give thanks to the Father for having made you worthy to share the lot of the saints in light. He rescued us from the power of darkness and brought us into the kingdom of his beloved Son. Through him we have redemption, the forgiveness of our sins.

Colossians 3:8-10, 12-17

You must put that aside now: all the anger and quick temper, the malice, the insults, the foul language. Stop lying to one another. What you have done is put aside your old self with its past deeds and put on a new man, one who grows in knowledge as he is formed anew in the image of his Creator.

Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility,

meekness, and patience. Bear with one another; forgive whatever grievances you have against one another. Forgive as the Lord has forgiven you. Over all these virtues put on love, which binds the rest together and makes them perfect. Christ's peace must reign in your hearts, since as members of the one body you have been called to that peace. Dedicate yourselves to thankfulness.

Let the word of Christ, rich as it is, dwell in you. In wisdom made perfect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns, and inspired songs. Whatever you do, whether in speech or in action, do it in the name of the Lord Jesus. Give thanks to God the Father through him.

1 John 1:6-7, 9

If we say, "We have fellowship with him," while continuing to walk in darkness, we are liars and do not act in truth. But if we walk in light, as he is in the light, we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin.

**But if we acknowledge our sins,
he who is just can be trusted
to forgive our sins
and cleanse us from every wrong.**

A reading may also be chosen from those given in nos. 101-201 for the reconciliation of several penitents. The priest and penitent may choose other readings from scripture.

Confession of Sins and Acceptance of Satisfaction

4. Where it is the custom, the penitent says a general formula for confession (for example, *I confess to almighty God*) before he confesses his sins.

If necessary, the priest helps the penitent to make an integral confession and gives him suitable counsel. He urges him to be sorry for his faults reminding him that through the sacrament of penance the Christian dies and rises with Christ and is thus renewed in the paschal mystery. The priest proposes an act of penance which the penitent accepts to make satisfaction for sin and to amend his life.

The priest should make sure that he adapts his counsel to the penitent's circumstances.

Prayer of the Penitent

5. The priest then asks the penitent to express his sorrow, which the penitent may do in these or similar words:

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.

Or:

Remember, Lord, your compassion and
mercy which you showed long ago.
Do not recall the sins and failings of my
youth.
In your mercy remember me, Lord,
because of your goodness.

(Psalm 25:6-7)

Or:

Wash me from my guilt
and cleanse me of my sin.
I acknowledge my offense;
my sin is before me always.

(Psalm 51:4-5)

Or:

Father, I have sinned against you
and am not worthy to be called your son.
Be merciful to me, a sinner.

(Luke 15:18; 18:13)

Or:

Father of mercy,
like the prodigal son
I return to you and say:
“I have sinned against you
and am no longer worthy to be called
your son.”

Christ Jesus, Savior of the world,
I pray with the repentant thief
to whom you promised Paradise:
“Lord, remember me in your kingdom.”
Holy Spirit, fountain of love,
I call on you with trust:
“Purify my heart,
and help me to walk as a child of light.”

Or:

Lord Jesus,
you opened the eyes of the blind,
healed the sick,
forgave the sinful woman,
and after Peter's denial confirmed him
in your love.
Listen to my prayer:
forgive all my sins,
renew your love in my heart,
help me to live in perfect unity with my
fellow Christians

that I may proclaim your saving power
to all the world.

Or:

Lord Jesus,
you chose to be called the friend of
sinners.

By your saving death and resurrection
free me from my sins.

May your peace take root in my heart
and bring forth a harvest
of love, holiness, and truth.

Or:

Lord Jesus Christ,
you are the Lamb of God;
you take away the sins of the world.
Through the grace of the Holy Spirit
restore me to friendship with your
Father,

cleanse me from every stain of sin
in the blood you shed for me,
and raise me to new life
for the glory of your name.

Or:

Lord God,
in your goodness have mercy on me:
do not look on my sins,

but take away all my guilt.
Create in me a clean heart
and renew within me an upright spirit.

Or:

Lord Jesus, Son of God,
have mercy on me, a sinner.

Absolution

6. Then the priest extends his hands over the penitent's head (or at least extends his right hand) and says:

**God, the Father of mercies,
through the death and resurrection of
his Son
has reconciled the world to himself
and sent the Holy Spirit among us
for the forgiveness of sins;
through the ministry of the Church
may God give you pardon and peace,
and I absolve you from your sins
in the name of the Father, and of
the Son, +
and of the Holy Spirit.**

The penitent answers:

Amen.

Proclamation of Praise of God and Dismissal

7. After the absolution, the priest continues:

Give thanks to the Lord, for he is good.

The penitent concludes:

His mercy endures for ever.

Then the priest dismisses the penitent who has been reconciled, saying:

**The Lord has freed you from your sins.
Go in peace.**

Or:

**May the Passion of our Lord Jesus Christ,
the intercession of the Blessed Virgin
Mary and of all the saints,
whatever good you do and suffering you
endure,
heal your sins,
help you to grow in holiness,
and reward you with eternal life.
Go in peace.**

Or:

**The Lord has freed you from sin.
May he bring you safely to his kingdom
in heaven.**

Glory to him for ever.

Amen.

Or:

**Blessed are those
whose sins have been forgiven,
whose evil deeds have been forgotten.
Rejoice in the Lord,
and go in peace.**

Or:

**Go in peace,
and proclaim to the world
the wonderful works of God,
who has brought you salvation.**

Published by authority of the Bishops' Committee on the Liturgy

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PUBLICATIONS OFFICE, UNITED STATES CATHOLIC CONFERENCE
1312 Massachusetts Avenue, N.W., Washington, D.C. 20005