

# GOING TO CONFESSION



The season of Lent is most appropriate for celebrating the sacrament of penance. Already on Ash Wednesday the people of God has heard the solemn invitation to turn away from sin and believe in the Gospel.

“The sacrament of Reconciliation is not only a magnificent spiritual gift, but also a decisive, essential and fundamental step on our journey of faith.”

—Pope Francis

Many people have avoided celebrating the Sacrament of Penance, sometimes for years at a time, because they "don't know what to do." The following brief explanation is intended for a person who has not been to confession in some time or for an adult who is going for the first time. It explains how the first form of the Sacrament of Penance may be celebrated. The person who is going to confession is called a "penitent" because he or she wishes to do penance and to turn away from sin.

## PREPARATION

Before going to confession, the penitent compares his or her life with the Ten Commandments, the Beatitudes, and the example of Christ and then prays to God for forgiveness.

## Going to Confession

- 1) The Sign of the Cross
- 2) Greeting -

**May God, grant that you may truly know your sins and his mercy.  
Peace be with you! And with your spirit.**

## The Word of God

Scripture these past Sundays is filled with the message to repent and prepare for the coming of Christ. How are you preparing? For what do you need God's mercy and forgiveness?

## Confession of Sins

The priest then offers suitable advice to help the penitent begin a new life and, when appropriate, leads him or her to resolve to make appropriate restitution for the harm he or she has caused others. The priest imposes an act of penance or satisfaction on the penitent.

## The Prayer of the Penitent

After this, the penitent prays a prayer expressing sorrow for his or her sins and resolving not to sin again. A card with several examples of the prayer may be provided in the confessional. The penitent may recite the prayer by heart or read it.

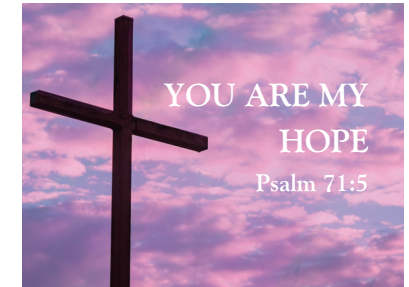
**Penance Schedule: Saturdays 9:30 AM - 10:00 AM and 4:30 PM - 5:00 PM**

**St. Rose of Lima Parish**

50 Short Hills Avenue, Short Hills, NJ 07078 | (973) 379-3912 | stroseshorthills.org

## Prayer of the Penitent: Act of Contrition

O my God,  
I am sorry and repent with all my heart  
for all the wrong I have done  
and for the good I have failed to do,  
because by sinning I have offended you,  
who are all good and worthy to be loved above  
all things. I firmly resolve, with the help of your  
grace,  
to do penance,  
to sin no more,  
and to avoid the occasions of sin.  
Through the merits of the Passion  
of our Savior Jesus Christ,  
Lord, have mercy.



## Absolution by the Priest

Following this prayer, the priest extends his hands, or at least his right hand, over the head of the penitent and pronounces the formula of absolution.

As he says the final words he makes the sign of the cross over the head of the penitent:

**Priest:** *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*

**Response: "Amen."**

## Proclamation of Praise

**Priest:** *Give thanks to the Lord for He is good.*

**Response:** *For his mercy endures forever*

## Dismissal of the Penitent

**Priest:** *The Lord has forgiven your sins.*

*Go in the peace of Christ.*

**Response:** *Thanks be to God.*

