

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

O Lord God, I desire to offer thee the penance which thou hast forgiven 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

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 the truth, to do what is right, and to continue thy faithful service as thy servant unto my life's end.

May the holy Mother of God, my Guardian Angel, and my Patron, join with me in giving thanks unto the Lord for his great goodness, and loving-kindness, in pardoning me for my 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 favor. Amen.

Commonly Called Confession and Absolution

PENANCE



Penitent. Bless me Father, for I have sinned.
Priest. The Lord be in thy heart and upon thy lips, that so thou mayest worthily confess all thy sins; In the Name of the Father, and of the + Son, and of the Holy Ghost. *Amen.*

Penitent. I confess to Almighty God, to his Church, [to the Blessed Virgin Mary and all the saints,] and to you, Father, that I have sinned by my own fault in thought, word, and deed, in things done and left undone; especially [since my last confession....] *(And here, name the particular sins you wish to confess. The priest may ask questions for clarification as you continue. When you have finished with the list, continue).* For these and all other sins which I cannot now remember, I am truly sorry. I pray God to have mercy on me. I firmly intend amendment of life, and I humbly beg forgiveness of God and His Church, and ask you for counsel, direction, and absolution.

Here, the priest may offer counsel, direction, and comfort. Listen attentively to anything the Priest may choose to say. A penance or act of thanksgiving may be assigned. Humbly accept the penance he imposes, and, when he raises his hand in absolution, make the sign of the cross.

Priest. Almighty God have mercy upon thee, forgive thee thy sins, and bring thee to everlasting life. *Amen.*

thine offences: And by his authority unto me, I absolve thee from all thy Name of the Father, and of the + Holy Ghost. *Amen.*

May the Passion of our Lord Jesus whatsoever good thou hast done, or endured, be unto thee for the forgiveness of sins, the increase of grace, and the reward of life: and the blessing of God Almighty the + Son, and the Holy Ghost, be remain with thee always. *Amen.*

Go in peace, the Lord hath put away thy sins. And pray for me, a sinner.

The priest leaves. The penitent may remain in their place to perform their penance.

SATISFACTION

Listen attentively and humbly make your thanksgiving for your absolution. I thank thee, my God, for giving me the forgiveness of my sins through the Precious Blood of Jesus Christ my Saviour. O Lord, O my soul, and all that is within me, bless thy Name.

Amen. O most merciful God, who in forgiving our sins