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## **Sacrament of Reconciliation**

Sign of the Cross

My last confession was . . .

Confess . . . And conclude by saying, "I am sorry for these and all the sins of my past life."

At the invitation of the Priest, after some words and assignment of penance . . .

### **Act of Contrition**

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because I have offended You; my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

After words of forgiveness (absolution) . . .

Priest: "Give thanks to the Lord for He is good,"

I reply: "For His mercy endures forever."