

Form for First Penance

Priest begins: In the name of the Father, and the Son, and the Holy Spirit.

You: **(Make the Sign of the Cross.)
Amen.**

You: Bless me, Father, for I have sinned. This is my first confession and these are my sins.....
(Tell and talk about your sins)
When you are finished say: **I am sorry for these and all my sins.**

Priest: For your penance.....

You: Say the Act of Contrition (unless it is said as a group before individual Confessions)

Priest: “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

You: **(Make the Sign of the Cross.)
Amen.**

Priest: Go in peace.

You: **Thank you, Father.**

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

Amen