

## **Prayer of the penitent and absolution**

*The priest then asks the penitent to express sorrow,  
which the penitent does 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 saviour Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy.

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 other Christians  
that I may proclaim your saving powers  
to all the world.

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, saviour 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'.

## **Absolution**

*Then the priest extends his hands over the head of the  
penitent (or at least his right hand), and says:*

God, the Father of mercies,  
through the death  
and resurrection of the Son  
has reconciled the world to God 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.  
*Penitent: Amen.*

## **Proclamation of praise of God and dismissal**

*Priest:*

Give thanks to God, for God is good.

*Penitent:* God's mercy endures for ever.

*Priest:*

God has freed you from your sins. Go in peace.

*Or the priest may say:*

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:*

God has freed you from sin. May  
God bring you safely to the  
kingdom in heaven. Glory to God  
for ever.

*Penitent:* Amen.

*Other forms of dismissal may be used.*

*Saying the 'penance':*

God, I offer you the penance I am about to say to make up to you for my sins, and the sins of the world.

*Say now the penance the priest gave you.*

## **After reconciliation**

I thank you, heavenly Father; you  
have forgiven me my sins,  
and have restored me to your friendship. I truly  
desire, above all things else, to have your  
friendship for ever. Grant that I may never lose it  
again. I am afraid of my own weakness, but,  
with the help of your grace, I will never lose the  
absolute trust which I have in your love.

Christ, my Lord:

by this sacrament, your gift of peace to me, you  
have given me a share

in your passion and resurrection. You  
have caused me to die to sin, and to rise  
to a new life in you by your life in me.

I thank you for your goodness.

May I always honour and find strength in your  
cross,

by which I am saved and set free. May I always  
see in your resurrection the sign and sure hope  
of my own. Above all things, may I always love  
you.

Mary, my dearest mother, pray  
to Jesus for me.