

Confession

The priest will then invite you to confess your sins.

Do not worry if, having prepared, you find you forget things or your mind goes blank. The priest will be ready to help you.

The priest will also reflect with you on the things you speak of, helping you to understand where you might be able to do things differently, where you need to ask God for help.

He will also offer you an act of penance, a way of showing how you wish to live a better life. This act of penance might be a prayer, doing without some good thing for a little while, or might be doing something special to help someone else.

Prayer of Sorrow

The priest will then invite you to make your prayer of sorrow. You may already know such a prayer. Otherwise this is one of the prayers the Church recommends.

**Lord Jesus, Son of God,
have mercy on me, a sinner.**

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Absolution

The priest will then extend his hands over your head and say the words of Absolution. In this way you receive God's forgiveness of your sins. The priest also prays for you that you will receive God's gifts of pardon and peace.

At the end of the priest's prayer you should say:

Amen.

After the Absolution the priest will speak bringing the celebration to an end in words such as:

Go in peace
and proclaim to the world
the wonderful works of God,
who shares with you his life.

You can respond by saying:

Amen or Thanks be to God.

**Liturgy
Office**
ENGLAND
& WALES

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Celebrating the Sacrament of God's love and mercy



in the Season of Lent

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During the season of Lent the Church seeks to prepare to celebrate the great feast of Easter and to share even more deeply in the life of Christ.

Lent begins with Ash Wednesday when ashes are smeared on our forehead. By this sign we show that we know that we have sinned. But we know too that the Lord is kind and compassionate, patient and unbounding in mercy. He invites us to turn from our sin and turn to him. The sacrament of reconciliation is one of the great ways by which God helps us to do this. to us in this. It is a sacrament we can celebrate at any time, but it is a sacrament that in our Catholic tradition we especially celebrate in this season of Lent.

Jesus said:

Happy those who hunger and thirst for what is right:
they shall be satisfied.

Happy the merciful:

they shall have mercy shown them.

Happy the pure in heart:

they shall see God..

Matthew 5.6-8

Beginnings

The priest will welcome you to the celebration of the sacrament.

You will make the Sign of the Cross together:

**In the name of the Father, of the Son
and of the Holy Spirit.**

The priest will invite you to place your trust in God in words such as:

May the Lord be in your heart
and help you to know true sorrow for your sins
and ask forgiveness of God our Father.

Amen.

Tell the priest how long it is since you last came to Reconciliation. If this is your first or second time of making confession, be sure to let him know. That way you will be a great help to him.

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The Word of God

When we celebrate this sacrament of reconciliation it is helpful to listen to the Scriptures, and be reminded of the love that God has for us — especially when we most need it.

You might have some favourite Bible stories that will remind you of this — perhaps the story of the Prodigal Son, or the story of the woman who washed Jesus' feet with her tears. If not, you might like to read and think about the following story about an event in Jesus' life that shows God's love for those who need him most.

While he was at dinner in the house it happened that a number of tax collectors and sinners can to sit at the table with Jesus and his disciples. When the Pharisees saw this, they said to his disciples, 'Why does your master eat with tax collectors and sinners?' When he heard this he replied, 'It is not the healthy who need the doctor, but the sick. Go and learn the meaning of the words: What I want is mercy not sacrifice. And indeed I did not come to call the virtuous but sinners.'

Matthew 9.10-13

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