

## **A FORM OF CONFESSION**

*Between 3.30 pm and 4.30 pm priests will be available for Confessions in rooms in the Old Court House.*

*Where the door to the confessional is open, please go straight in. If the door is closed, please wait in the main part of the Old Court House. If you have never made a confession before, let the priest know and he will guide you through it.*

*Following is a private prayer of preparation, the form of Confession and a private prayer of thanksgiving afterwards.*

### A Prayer before Confession

Have mercy on me, O God, in your great goodness; according to the abundance of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. O Lord, open my lips, and my mouth shall proclaim your praise. For you desire no sacrifice, else would I give it, you take no delight in burnt-offerings. The sacrifice of God is a broken spirit; a broken and contrite heart, O God, you will not despise. (From Psalm 51)

*Enter the place where Confessions are being heard, kneel down at the prayer desk (if you are able) and begin with the following words:*

**+ In the name of the Father and of the Son and of the Holy Spirit. Amen.**

May the grace of the Holy Spirit fill your heart with light, that you may confess your sins with loving trust, and come to know that God is merciful.

**Amen.**

*The priest will read a passage of scripture and then he will invite you to confess your sins.*

**I confess to God almighty, and to you, my Father, that I have sinned through my own fault in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask Blessed Mary, ever-Virgin, all the angels and saints, and you, my Father, to pray for me to the Lord our God.**

**My last confession was ..... ago, I remember the following sins.**

*Say how long it was since your last confession. If this is your first confession, say “since my Baptism.”*

*Then confess your sins, and after you have finished say:*

**For these and all my other sins which I cannot now remember, I am truly sorry, firmly resolved not to sin again, and humbly ask pardon of God and of you, father, advice, penance and absolution.**

*The priest will offer advice, if requested, and give you a penance.*

*He will ask you to express your sorrow then with these words:*

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

*He will then pronounce absolution and dismiss you with a final blessing.*

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to Himself 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.

**Amen.**

May the Passion of our Lord Jesus Christ, the prayers of the Blessed Virgin Mary and of all the Saints, whatever good you do and suffering you endure, heal your sins, help you grow in holiness, and reward you with eternal life.

Go in peace. The Lord has put away your sins, and pray for me, a sinner too.

### A thanksgiving after Confession

Bless the Lord, O my soul, and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits; Who forgives all your sins and heals all your infirmities. The Lord is full of compassion and mercy, slow to anger and of great kindness. He will not always accuse us, neither will his anger last for ever. For as the heavens are high above the earth, so great is his mercy upon those who fear him. As far as the east is from the west, so far has he set our sins from us. (From Psalm 103)