**Priest: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen. May the Lord be in your mind and in your heart and help you to make a good confession.**

**Listen to the penitent and give advice if necessary**

***The Priest assigns a Penance***

**Priest: For your penance I would like you to pray:**

**Priest: Please make a good Act of Contrition now**

**The Act of Contrition: O my God, I am heartily sorry for having offended You, and I detest all my sins, because I 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.**

**I will now give you absolution  
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 of your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.   
Penitent: Make the Sign of the Cross and say AMEN.**

***Priest: Go now in Peace, your sins have been forgiven.***

***Penitent: Thanks be to God. Thank you Father.***