

The penitent, kneeling beside the priest, says in a low tone:

Bless me, Father, for I have sinned.

The priest responds:

The Lord be in thy heart and upon thy lips, that so thou mayest worthily confess all thy sins; In the Name of the Father, and of the + Son, and of the Holy Ghost. Amen.

The penitent then makes his Confession:

I confess to Almighty God, to Blessed Mary and all the Saints, and to you, Father, that I have sinned exceedingly in thought, word, and deed, by my fault, by my own fault, by my own most grievous fault. Especially, I accuse myself of the following sins since my last confession which was . . . ago.

The penitent then confesses his sins and continues when done:

For these and all my other sins which I cannot now remember, I am heartily sorry, I firmly purpose amendment, and ask pardon of God, and of you Father, I ask for penance, advice, and absolution. Wherefore, I beg Blessed Mary, all the saints, and you, Father, to pray for me to the Lord our God. Amen.

After the confession is ended, the Priest may address a few words of counsel to the penitent, and will then assign a suitable penance. Penance having been enjoined and accepted, the priest shall say:

Almighty God have mercy upon thee, forgive thee thy sins, and bring thee to everlasting life. Amen.

Our Lord Jesus Christ, who hath left power to his Church to absolve all sinners who truly repent and believe in him, of his great mercy forgive thee thine offenses: And by his authority committed unto me, I absolve thee from all thy sins, In the Name of the Father, and of the + Son, and of the Holy Ghost. Amen.

May the Passion of our Lord Jesus Christ make whatsoever good thou has done, or evil thou has endured, be unto thee for the forgiveness of sins, the increase of grace, and the reward of eternal life: And the blessing of God Almighty, the Father, and the + Son, and the Holy Ghost., be upon thee and remain with thee always. Amen.

Go in peace, the Lord hath put away all thy sins.