

LENTEN CONFESSION CAMPAIGN

DIOCESE OF BRIDGEPORT



ACT OF CONTRITION

"O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen."

PRAYER FOR FRUITFULNESS OF THE LENTEN CONFESSION CAMPAIGN

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O Father of infinite mercy and compassion,
like the shepherd who searches
for the lost sheep and the woman
who looks for the lost coin,
You always seek us out when we sin
that through the grace of the Holy Spirit
we might be reconciled to You.

In the holy season of Lent,
draw Your people to the Sacrament
of Reconciliation to experience
the transforming joy of Your Divine Mercy.
Let us know the power of
Your unconditional love and the security
of Your providential care.

Bless confessors so that they
may be Your instruments in
leading us to true conversion of heart
and holiness of life.

Grant this through Christ our Lord.

Amen.

RITE OF RECONCILIATION

1. The priest gives a blessing or greeting.
2. Make the Sign of the Cross and say "Bless me Father, for I have sinned. My last confession was . . . (give weeks, months or years) ago."
3. Confess all of your sins to the priest. (If you are unsure or uneasy, tell him and ask for help.) When you have finished, let the priest know. You can use these words: "I am sorry for all these sins and for any that I cannot now remember."
4. The priest assigns a penance and may offer advice.
5. Say an Act of Contrition, expressing your sorrow for your sins.
6. The priest, acting in the person of Christ, then absolves you from your sins.