

Confession and Absolution

Adapted from the 'Ministry of Reconciliation in the Church in Wales, 'An Order for the Holy Eucharist' (2004)

A time of silence is observed to call on the Holy Spirit and to remember that we are in God's presence. Just repeating "Come, Holy Spirit." as you breathe may be helpful.

The Gathering

Priest Grace mercy and peace from God our Father and the Lord Jesus Christ be with you:

Penitent **And also with you.**

Bless me, for I have sinned.

Priest The Lord be in your heart and on your lips, that you may confess your sins in honesty and sincerity and know the truth that sets you free. ✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Our Lord Jesus Christ said, 'Come to me, all whose work is hard, whose load is heavy; and I will give you rest.'

This is a true saying, to be completely accepted and believed: Christ Jesus came into the world to save sinners.

At your baptism you repented of the sins that separate you from God and your neighbour, you were cleansed from your sins and born again, you were washed with the Holy Spirit and made clean. Do you desire once again to walk in newness of life by confession of your sins?

Penitent **I do.**

Confession & Absolution

Priest Now in the presence of Christ and of me, his minister, confess your sins with a humble and obedient heart to almighty God, our creator and redeemer.

Penitent **I confess to almighty God, and before you, that I have sinned in thought, word and deed, and failed to do what I ought to have done. I remember especially the following sins**

Here confess any sins that you can remember, taking as much

*time as you need, the priest may ask questions if that helps.
When you have confessed everything you can remember,
continue ...*

**For these and all my other sins, which I cannot now
remember, I am very sorry and truly repent; I resolve
to lead a better life;
I humbly ask for God's forgiveness,
for absolution in his name,
and for your help and guidance.**

*The priest gives appropriate counsel or guidance.
The priest encourages the penitent to make restitution and will
recommend some prayer or action as a sign of repentance.*

Priest Our Lord Jesus Christ,
who has left power to his Church to absolve all sinners who
truly repent and believe in him, of his great mercy forgive you
your offences: and by his authority committed to me, I
absolve ✠ you from all your sins,
in the name of the Father, and of the Son, and of the Holy
Spirit. **Amen.**

A time of silence is kept.

Thanksgiving

Priest Know that there is joy in heaven over each one who repents.

Penitent Give thanks to the Lord for he is gracious:
his love is everlasting.

The Blessing & Dismissal

Priest 'The fruit of the Spirit is love, joy, peace, patience, kindness,
goodness, faithfulness, gentleness and self-control.'

God give you grace to grow in holiness, to walk in his ways of
truth and peace, and joyfully to bear the fruit of his Spirit:
and the blessing of God almighty, the ✠ Father, the Son, and
the Holy Spirit, be upon you and remain with you always.
Amen.

Priest The Lord has set you free from sin.
Penitent **Thanks be to God.**

Priest Go in peace, and pray for me, a sinner.