

Extra Prayers and Form for Confession

A SHORT MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day. Amen.

AN ACT OF THANKSGIVING

O my God, I thank You for all You have given me; for having created me, redeemed me, and for having made me a child of God and the Catholic Church. Amen.

PRAYER FOR THE FAITHFUL DEPARTED

Eternal rest grant unto them, O Lord. And let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God rest in peace. Amen.

PRAYER OF PRAISE FOR THE EUCHARIST

O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine. Amen.

PRAYER OF ST. FRANCIS

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

PRAYER TO ST. MICHAEL, THE ARCHANGEL

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

SAINT TERESA'S PRAYER

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let His presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us. Amen.

Sacrament of Penance (Reconciliation) Form for Confession

Before Confession

- Pray to the Holy Spirit to help you know your sins and make a good confession.
- Examine your conscience.
- Express sorrow for your sins and a desire to be reconciled with God.

After entering the confessional

- Close the door and you have the option of going face-to-face or behind the screen.
- Make the *Sign of the Cross*.
- Say to Father: "Bless me, Father, for I have sinned. It has been ___ since my last confession." (Tell Father how long since your last confession. If you don't remember how long, just tell Father "I don't remember how long since my last confession.")
- Tell Father your sins.
- Father will talk with you and assign a penance for you to do.
- Father will ask you to pray an *Act of Contrition*.
- Father will pray the *Prayer of Absolution* and bless you; you make the *Sign of the Cross* and respond "Amen."
- Father will end the Rite of Penance by sending you in the Peace of Christ; you express your thanks (usually "Thank you, Father") and leave the confessional; leaving the door open.

Once you leave the confessional

Spend some time in prayer before the Blessed Sacrament thanking Jesus for forgiving your sins. Remember to do the penance Father has given you.