

個人告解禮規	ORDO PÆNITENTIÆ	RITE OF CONFESSION
司鐸在慣常的問候之後，與懺悔者一起劃十字聖號。	Pænitens dicit solitam salutationem et signo Crucis se signat. Sacerdos dicit:	After the customary greetings, the penitent makes the Sign of the Cross with the Priest:
因父，及子，及聖神之名。亞孟。	In nómine Patris, et Fílii, et Spíritus Sancti. Amen.	In the Name of the Father and of the Son and of the Holy Spirit. Amen.
司鐸：願天主聖神光照你的心，使你誠心誠意告明你的罪過，並認識天主的仁慈。	V. Dóminus sit in corde tuo, ut ánimo contrito confiteáris peccata tua.	V. May the Lord be in your heart and in your lips, so you may confess your sins with true sorrow.
懺悔者告明罪過：	Sacerdos vel pænitens possunt legere vel memoriter dicere quædam verba Sacræ Scripturæ circa Dei misericordiam et pænitentiam, ex. gr.:	The penitent accuses himself of his sins.
懺悔者：請神父祝福，我罪人願在教會內悔改。從上次領受修和聖事到現在已有（說出時間），在這段期間所犯的過失有（告明罪過），若有忘記的過犯，或是犯了不知是罪的過犯，都求神父全赦。	R. Dómine, tu omnia nosti; tu scis quia amo te. Pænitens suorum peccatorum se accusat. Sacerdos opportuna dat consilia, pænitentiam imponit et eum invitat ad contritionem manifestandam. Pænitens dicere potest, ex.gr.:	R. Bless me Father for I have sinned. My last confession was (Mention when your last confession was). These are my sins (Mention your sins). I am sorry for all these and all the sins of my past life. Please forgive me these sins and other sins that I may have forgotten.
司鐸給予懺悔者適當的勸言，然後給他補贖，並且要請懺悔者表明他的痛悔。懺悔者可以說，例如：	R. Deus meus, ex toto corde pænitet me ómnium meórum peccatórum, éaque detéstor, quia peccándo, non solum poenas a te iuste statútas proméritus sum, sed præsertim quia offéndi te, summum bonum, ac dignum qui super ómnia diligáris. Ídeo firmiter propóno, adiuvánte grátia tua, de cétero me non peccatúrum peccandique occasiónes próximas fugitúrum. Amen.	The priest gives the opportune advice, imposes the penance, and invites the penitent to manifest his contrition. The penitent may say, for example:
懺悔者：吾主耶穌，基利斯督，造我養我，救我的主。	aut:	R. O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of heaven and the pains of hell. 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 confess my sins, to do penance and to amend my life. Amen.
我重罪人，得罪天主。今特為愛天主在萬有之上，專心痛悔，惱恨我罪，決意定改，寧死再不敢犯天主的誠命。	R. Dómine Iesu, Fili Dei, miserere mei peccatoris.	or:
懇望吾主，念爾受難之功，可憐赦我的罪。亞孟。		R. Lord Jesus Christ, Son of God, have mercy on me, a sinner.

司鐸給懺悔者赦罪：

司鐸：天上的慈父，因他聖子的死亡和復活，使世界與他和好，又恩賜聖神赦免罪過，願他藉著教會的服務，寬恕你，賜給你平安。

現在我因父 ☩，及子，及聖神之名，赦免你的罪過。

懺悔者：亞孟。

司鐸：願我主耶穌基督的苦難，童貞瑪利亞和眾聖人的代禱，你所行的一切善工和忍受的一切痛苦，能補救你的罪過，幫助你增長聖德，和賞賜你永生。平安回去吧。

懺悔者：感謝天主。

Sacerdos dat absolutionem:

V. Deus, Pater misericordiárum, qui per mortem et resurrectionem Filii sui mundum sibi reconciliávit et Spíritum Sanctum effúdit in remissionem peccatórum, per ministerium Ecclésiæ indulgéntiam tibi tribuat et pacem.

**ET EGO TE ABSOLVO A PECCATIS TUIS
IN NOMINE PATRIS ☩, ET FILII, ET
SPIRITUS SANCTI.**

R. Amen.

V. Pássio Dómini nostri Iesu Christi, intercéssio beatæ Mariæ Vírginis et ómnium Sanctórum, quidquid boni féceris et mali sustinúeris, sint tibi in remédium peccatórum, augmentum grátiae et præmium vitæ aeternæ. Vade in pace.

R. Deo grátias.

The priest gives the penitent the absolution:

V. 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 FROM YOUR SINS
IN THE NAME OF THE FATHER ☩, AND
OF THE SON, AND OF THE HOLY
SPIRIT.**

R. Amen.

V. May the Passion of Our Lord Jesus Christ, the intercession of the Blessed Virgin Mary and of all the Saints, whatever good you do and suffering you endure, heal your sins, help you to grow in holiness, and reward you with eternal life. Go in peace.

R. Thanks be to God.