

The Form and Manner of Confession.

First make the Sign of the Cross; then say,

Pray Father give me your Blessing.

After this say the *Confiteor*, &c. to *mea culpa*,
through my Fault, &c.

Then say,

I Confess to Almighty God, and to you my
Ghostly Father, that since my last Confession
(*which was so long ago*) I have divers Ways of-
fended Almighty God.

*Here accuse yourself of all the Sins which you can
well call to Mind, according to the Order of God's
Commandments; specifying, as near as you can, the
Number of Times which you have been guilty of each
Sin. Then, by Way of Conclusion, say,*

For all these, and whatever else I cannot at
this present call to Mind, I ask Pardon of Al-
mighty God, and Penance and Absolution of you
my Ghostly Father.

*Make an end, saying, Ideo precor, &c. or
Therefore I beseech, &c.*

A Prayer at the Receiving Absolution.

O Merciful God, as at the Words of the An-
gel the Chains fell off from the Feet of St.
Peter, and he immediately was restored to Liber-
ty; so grant that, by the Words of this holy Sa-
crament, pronounced by the Priest, the Chains
of my Sins may be loosed, and all my Offences
pardoned. *Amen.*

Jesus, Son of *David*, have Mercy on me.