

Prayer of the Penitent:

The priest will ask you to express your sorrow, which you may do in these for similar words: (choose one)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

or: (Psalm 25:6-7)

Remember, Lord, your compassion and mercy which you showed long ago. Do not recall the sins and failings of my youth. In your mercy remember me, Lord, because of your goodness.

or: (Psalm 50:4-5)

Wash me from my guilt and cleanse me of my sin. I acknowledge my offense; my sin is before me always.

or: (Luke 15:18; 18:13)

Father, I have sinned against you and am not worthy to be called your son. Be merciful to me, a sinner.

or:

Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

or:

Father of mercy, like the prodigal son I return to you and say: "I have sinned against you and am no longer worthy to be called your son." Christ Jesus, Savior of the world, I pray with the repentant thief to whom you promised paradise: "Lord remember me in your kingdom." Holy Spirit, fountain of love, I call on you with trust: "Purify my heart, and help me to walk as a child of the light."

or:

Lord Jesus, you opened the eyes of the blind, healed the sick, forgave the sinful woman, and after Peter's denial confirmed him in your love. Listen to my prayer: forgive all my sins, renew your love in my heart, help me to live in perfect unity with my fellow Christians that I may proclaim your saving power to all the world.

or:

Lord Jesus Christ, you are the Lamb of God; you take away the sins of the world. Through the grace of the Holy Spirit restore me to friendship with your Father, cleanse me from every stain of sin in the blood you shed for me, and raise me to new life for the glory of your name.

or:

Lord, God, in your goodness have mercy on me: do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

or:

Lord Jesus, Son of God, have mercy on me a sinner.