



I confess to Thee, my Lord God and Creator, in one Holy Trinity glorified and worshipped, to the Father, Son, and Holy Spirit, all my sins which I have committed all the days of my life: at every hour, at the present time and in the past, day and night:

By deed, word, thought:

Gluttony
Drunkenness
Secret eating
Idle talking
Despondency
Indolence
Contradiction
Disobedience
Slandering
Condemning
Negligence
Self-love
Acquisitiveness
Extortion
Lying
Dishonesty
Mercenariness
Jealousy
Envy
Anger
Remembrance of wrongs
Hatred
Bribery

By all my senses:

Sight
Hearing
Smell
Taste
Touch

By sins of the soul together with the bodily.

I have angered Thee, my God and Creator, and dealt unjustly with my neighbor.

Sorrowing for these, I stand guilty before Thee, my God, but I have the will to repent. Only help me, O Lord my God, with tears I humbly entreat Thee.

Forgive my past sins through Thy compassion, and absolve from all these, which I have said in Thy presence, for Thou art good, and the Lover of mankind.

AMEN

