

Prayers before Confession

Receive my confession, O most loving and gracious Lord Jesus Christ, only hope for the salvation of my soul. Grant to me true contrition of soul, so that day and night I may by penance make satisfaction for my many sins. Savior of the world, O good Jesus, Who gave Yourself to the death of the Cross to save sinners, look upon me, most wretched of all sinners; have pity on me, and give me the light to know my sins, true sorrow for them, and a firm purpose of never committing them again.

O gracious Virgin Mary, Immaculate Mother of Jesus, I implore you to obtain for me by your powerful intercession these graces from your Divine Son.

St. Joseph, pray for me. Amen

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me Your grace to confess them fully, humbly and with contrite heart. Help me to firmly resolve not to commit them again.

O Blessed Virgin, Mother of my Redeemer, mirror of innocence and sanctity, and refuge of penitent sinners, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession.

All you blessed Angels and Saints of God, pray for me, a most miserable sinner, that I may repent from my evil ways, that my heart may henceforth be forever united with yours in eternal love. Amen.

O Most Holy Trinity, Father, Son and Holy Spirit, worthy of all my love, I humbly present myself before You. Look upon me with merciful eyes and help me to be reconciled to You by a good confession. But as I can do nothing if You do not help me, I implore You in Your tender mercy to enlighten me, that I may know all my sins and detest them with my whole heart.

O Jesus, ever flowing fountain of compassion, I approach You to cleanse me from all my sins. O Divine Physician heal my soul. O infinite Love, enkindle the flames of Your Love in my soul that it may love nothing but You. May this Confession bring about in me an entire change in my life so that I may be fully reconciled to You.

Mother of God, You are so charitable to sinners who desire repentance, assist me to make a good Confession. My Guardian Angel, help me to discover the sins I have committed. My Patron Saint and all you Saints of Heaven, pray for me that I may bring forth worthy fruits of repentance. Amen.