

A FORMAT FOR GENERAL CONFESSION

Priest: Blessed in our God: always, now, and ever, and unto ages of ages.

People: Amen.

O Heavenly King, the Comforter, the Spirit of Truth, Who is everywhere, and fills all things. Treasury of Blessings, and Giver of Life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, and Holy Immortal: Have mercy on us!
(3x)



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Glory to the Father, and to the Son,
and to the Holy Spirit, now, and
ever, and unto ages of ages, Amen.

O Holy Trinity: have mercy on us.
O Lord: cleanse us from our sins. O
Master: pardon our transgressions.
O Holy One: visit and heal our
infirmities, for Your Name's sake.

Lord, have mercy! (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now,
and ever, and unto ages of ages, Amen.

Our Father, Who art in Heaven. Hallowed be Thy Name. Thy
Kingdom come. Thy will be done on earth as it is in Heaven. Give
us this day our Daily Bread; and forgive us our trespasses, as we
forgive those who trespass against us; and lead us not unto
temptation, but deliver us from Evil.

Priest: For Thine is the Kingdom, the Power, and the Glory: of
the Father, and of the Son, and of the Holy Spirit, now, and ever,
and unto ages of ages.

People: Amen.

Have mercy on me, O Lord, have mercy on me. At a loss for any defense, I, a sinner, offer this prayer to You, O Master: have mercy on me!

Glory to the Father, and to the Son, and to the Holy Spirit...

Have mercy on me, for I have put my trust in You: Do not be angry with me, nor remember my transgressions, but in the depth of Your mercy look down on me, even now, and save me from my Enemies: for You are my God, and I am the work of Your hands, and I constantly call upon Your Name.

Now, and ever, and unto ages of ages, Amen.

O Blessed Theotokos, open to me the doors of compassion for I have put my hope in you. May I not perish, but be delivered from adversity through you - as you are the intercessor for all Christian people.

(Moment of Silence)

I come before You, O Lord, to take my responsibility for, and to confess all my sins: committed either in thought, or by word or in deed. While some of these sins I committed involuntarily, but others I planned to do, and enjoyed planning them.

Please forgive me: for I have been blasphemous in that I used Your Holy Name in vain, by using it to curse someone or something.

Please forgive me: for I have been thankless to You for Your great and never-ending goodness, patience and love for me; I have been despondent and despairing - even to the point that I thought that You had abandoned me. I have not had the proper love and respect for You.

Please forgive me: for in spite of all the talents You have given

me, I have not shared them with Your Holy Orthodox Church, or my fellow man: because of my miserliness, possessiveness, and my love for personal comforts. And while giving little or nothing of my talents, I have compounded my sin by expecting, if not demanding my full share of what ever You and Your Holy Orthodox Church offer the good, and faithful steward.

Please forgive me: for I have omitted my prayers - in the morning, in the evening, or during the course of the day. I have doubted you, and done little, or nothing to draw nearer to you. Often in my prayers I demanded that You respond to what I wanted, rather than accept Your Holy Will.

Please forgive me for I have placed my spouse, parents, children, relatives and friends in a value equal to or greater than my relationship with You and Your Holy Orthodox Church, caring more for their feelings, or what they thought of me, than for You.

Please forgive me: for I have not respected, nor observed, the feast or fast days of Your Holy Orthodox Church. I have reduced my relationship with You to a "duty", rather than understanding our relationship as something I both need and want. At times I have chosen to rationalize away my infrequent attendance at Orthodox Church services; and when I do come, I have been inattentive and non-participatory. I have chosen to come late and/or leave early; I have been distractive or distracted during their course; and there were times I chose not to come at all because I was lazy – either spiritually or physically.

Please forgive me: for I have participated in the destructive criticism, or false accusation of Your Holy Orthodox Church, its hierarchy, its clergy and my fellow man: often expressing hatred, spite, or pity instead of love, charity, and mercy.

Please forgive me: for I have been quick to anger - often preferring to hold grudges – and slow to forgive.

Please forgive me: for I have been self-centered, self-righteous, self-justifying, self-indulging and glory seeking. I have permitted

myself to wallow and sulk in self-pity. Too often I have been arrogant or insolent, proud or vain; lusting and lustful; malicious; gossiping and back-stabbing; jealous and rude; moody; insulting; stubborn and argumentative. I have been boastful, a liar, a cheat, a hypocrite, and I have taken things that don't belong to me. I have eaten and drank more than I should.

Please forgive me: for even in my seeking to reconcile myself to You through the Sacrament of Confession, I have tried to rationalize away, or cover up my sins, thus trying to avoid my personal responsibility before You for my acts, words and thoughts.

Please forgive me: for on one hand I have avoided You by avoiding Your healing Sacraments of Confession and Communion under guise of piety, yet on the other hand, when do I come to receive them, it is without a proper preparation, nor prayers, nor humility nor respect for You.

Please forgive me: for I have made little or no effort to change myself, or my lifestyle since my last I came to You in this Sacrament of reconciliation. There is no way that I can now enumerate all my sins due to my shame or forgetfulness. I do know that I am unworthy in Your sight, but still I come to You, in the image of the "Prodigal Son".



Please, please, forgive me O Lord, and give me another chance to do better.

9/79

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