

## **Prayers for Sacrament of Penance**

### **Act of Sorrow**

O my God, I thank you for loving me.  
I am sorry for all my sins,  
For not loving others,  
And not loving you.  
Help me to live like Jesus  
And not sin again.  
Amen

### **Prayer for Forgiveness**

O my God,  
Help me to remember the times  
When I didn't live as Jesus asked me to.  
Help me to be sorry  
And to try again.  
Amen

### **Prayer after Forgiveness**

O my God,  
Thank you for forgiving me.  
Help me to love others.  
Help me to live as Jesus asked me to.  
Amen

### **Confiteor**

I confess to almighty God,  
And to you, my brothers and sisters,  
That I have sinned through my own fault,  
In my thoughts and in my words,  
In what I have done,  
And in what I have failed to do;  
Through my fault,  
Through my fault,  
Through my most grievous fault  
Therefore, I ask Blessed Mary, ever virgin,  
All the angels and saints,  
And you, my brothers and sisters,  
To pray for me to the Lord our God.  
Amen