

PRAYERS OF SORROW

1. 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 Saviour, Jesus Christ, suffered and died for us. In his name, my God, have mercy.

2. 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.

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

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

5. 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, Saviour of the world, I pray with the repentant thief: "Lord, remember me in your kingdom." Holy Spirit, fountain of love, I call upon you with trust:

"Purify my heart, and help me to walk as a child of the light."

6. 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.

7. 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.

8. 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.

9. 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.

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

11. O my God, I am very sorry that I have sinned against you because you are so good, and with your help I will try not to sin again.

12. Compose your own prayer of sorrow and write it here: _____
