

## **Prayers for Repentance**

God, my good and loving Lord, I acknowledge all the sins which I have committed every day in my life, whether in thought, word or deed. I ask for forgiveness from the depths of my heart for offending You and others and repent of my old ways. Help me by Your grace to change, to sin no more and to walk in the way of righteousness and to praise and glorify Your Name, Father, Son and Holy Spirit. Amen.

O Lord my God, I confess that I have sinned against You in thought, word and deed. I have also omitted to do what Your holy law requires of me. But now with repentance and contrition I turn again to Your love and mercy. I entreat You to forgive me all my transgressions and to cleanse me from all my sins. Lord, fill my heart with the light of Your truth. Strengthen my will by Your grace. Teach me both to desire and to do only what pleases You. Amen.