

# *Confiteor*

**I confess to almighty God  
and to you, my brothers  
and sisters,  
that I have greatly sinned,  
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.**



## *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 before Penance**

**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 Penance**

**O my God,**

**Thank you for forgiving me.**

**Help me to love others.**

**Help me to live as Jesus asked me to.**

**Amen**