

Prayer before confession

Of St. Symeon the New Theologian

O God and Lord of all! Who has the power over every breath and soul, the only One able to heal me, hearken unto the prayer of me, the wretched one, and, having put him to death, destroy the serpent nestling within me by the decent of the All-Holy and Life-Creating Spirit. And vouchsafe me, poor and naked of all virtue, to fall with tears at the feet of my spiritual father, and call his holy soul to mercy, to have mercy on me. And grant, O Lord, unto my heart humility and good thoughts, becoming a sinner, who hath consented to repent unto You, and do not abandon unto the end the one soul, which has united itself unto You and has confessed You, and instead of all the world has chosen You and has preferred You. For You know, O Lord, that I want to save myself, and that my evil habit is an obstacle. But all things are possible unto You, O Master, which are impossible for man. Amen.

Prayers After Confession

1. O almighty and merciful God, I truly thank thee for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasing to thee, and sin no more. Amen.

2. O Lord God of my salvation, the Saviour and Benefactor of my soul, I am truly sorry for my every transgression and I firmly resolve never again to offend thee by my sins, and sincerely promise to amend my way of life. Implant in me the fear of thy blessed commandments, that I may trample down all carnal appetite and may lead a godly life, both thinking and doing always such things as are pleasing unto Thee. I pray thee, grant unto me the Grace of thy Holy Spirit, that thus strengthened, I may shun all evil deeds and works, and words and thoughts, and may avoid all snares of the Evil One. Shine in my heart with the true Sun of thy Righteousness; enlighten my mind and guard all my senses, that walking uprightly in the way of thy statutes, I may attain unto life eternal. Amen.

O Sovereign Master, who lovest mankind, lead me in thy way, that I may walk in thy truth. Make glad my heart, that I may fear thy Holy Name. O Lord, mighty in mercy, gracious in strength, aid and comfort and save me, as I put my trust in thy holy Name. Rebuke me not, O Lord, in thy displeasure, neither punish me in thy wrath, but show unto me thy great mercy and compassion, O Physician and Healer of my soul. O Merciful Saviour, blot out all my transgressions, for I am heartily sorry for having offended thee. Grant me thy Grace that I may avoid my previous evil ways. Strengthen me, O Mighty One, to withstand those temptations before which I am weak, that I may avoid all future sin. Keep me under thy protection and in the shadow of thy wings, that I may serve thee, praise thee, and glorify thee all the days of my life. Amen.