Prayer of Repentance

St. John Neumann

St. John Neumann (1811–1860) was born in Bohemia (Czech Republic). He came to the United States to serve European immigrants and was ordained in New York in 1836. In 1842 he joined the Redemptorists. As bishop of Philadelphia, Pennsylvania, from 1852 until his death, he began the Forty Hours' devotion in his diocese, and established the first diocesan Catholic school system in the United States.

My Lord Jesus, behold me defiled by sin. Again I have stained the holy garment of grace in my soul that Your Blood has cleansed so often. O Father of mercy, hear my prayer. Give me a true spirit of penance, that through the humble supplication of a contrite heart I may again receive pardon.

Since my last confession I have fallen more frequently than usual. My Jesus, I have gone back. But do not forsake me, though I richly deserve to be rejected as obstinate and incorrigible. Behold me prostrate before You, O my God. My sinfulness weighs me down. Alas, Jesus, my God and Savior, I do not raise my eyes to You. How can I who have so often violated my past resolves presume to ask pardon again?

O my soul, crushed by the load of sin, take courage: your Redeemer will console you in your desolation. Reject me not, though I have miserably broken my promise of amendment. Cast not off Your wretched child, or I shall be forever lost. From my heart I grieve for having offended You.

O holy Mother of God, my guardian angel, my holy patrons: Intercede for me with my Judge and obtain for me the pardon of my sins. O Jesus, grant me a true spirit of penance. My Jesus, have mercy on me. Amen.