

Prayer before Confession

Dear Jesus, help me to make a good Confession; help me to find out my sins, help me to be sorry for them, help me to make up my mind not to sin again. Have mercy on me, O Lord, and forgive me. Mary my Mother, pray for me. Amen.



Another Prayer before Confession

Come, Holy Spirit, into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me Your grace to confess them fully, humbly and with contrite heart. Help me to firmly resolve not to commit them again.

O Blessed Virgin, Mother of my Redeemer, mirror of innocence and sanctity, and refuge of penitent sinners, intercede for me through the Passion of Your Son that I may obtain the grace to make a good confession. All you blessed angels and saints of God, pray for me, a most miserable sinner, that I may repent from my evil ways, that my heart may henceforth be forever united with yours in eternal love. Amen.

Prayer after Confession

Dear Jesus, thank you for helping me to make a good Confession, and thank you for taking away my sins. Help me, dear Jesus, never to offend you again. Mary, my mother, pray to Jesus for me. My dear angel guardian, help me. Amen.